Natural Soap at Home

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How to Make Felted Soap, Wine Soap, Fruit Soap, Goat's Milk Soap, and Much More

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Skyhorse Publishing

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Dedicated to Rhys, my delightful and constant co-conspirator in creativity and wonder.

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Everything You Need to Know First

Handcrafting soap is one of the most satisfying ways to spend time in your kitchen. The return on joy and skincare alone makes it worthwhile—not to mention, it's a way to spend time in your kitchen without adding to the size of your waist!

I want to start with a brief (promise!) history of soapmaking, just so you know where soap came from and how it has transformed over the years to become the soap we all use today. Then we'll focus on pH, saponification, oil properties, and a few other values that need to be taken into consideration when crafting soap. Don't worry if these concepts seem foreign and confusing; they are simply given as an understanding of the how's and why's in soapmaking language. Everything will make sense as you progress through your soap-crafting journey and you'll be grateful for a solid foundation once you begin creating your own recipes. I also hope to help you avoid many a soap problem before they arise.

We will also review some cautionary advice and safety precautions—*do not skip this section*. Your future unscathed self will thank you. Finally, I will go over tools used and provide you with a short shopping list to get you started. And then we'll get into the fun stuff: formulations, recipes, and ideas!

A Brief History of Soap

Soap has been around for a long time, of course. However, soap that doesn't scour off a good portion of your skin is a recent phenomenon. My mother has told me stories about washing out stains in her father's work shirts with regular Tide when she was a child. Her skin would start burning off before she was finished. Ouch! (For the record, if your soap is doing this after curing time, you may wish to review and try again.)

The oldest written record of soap comes from ancient Babylon. In 2800 B.C., the Babylonians were making soap from boiled fats and ashes. At that time, soap was used for cleaning fibers and utensils, as well as medicine, but it hadn't been used on the body.

In 1550 B.C., Egyptians were using alkaline salts blended with animal and vegetable oils to create a soap-like substance.

In 600 B.C., the Phoenicians were using wood ash and goat tallow to create soap, and in the first century A.D., the Romans were making soap from urine.

The Celts came up with a soap made from plant ash and animal fat and called it *saipo*, from which we get our modern word *soap*, although historically soap has also been said to have come from Mount Sapo in Rome. The Romans were well known for their soap crafting and

bathhouses. When animals were sacrificed and burned on the altar, the burned ashes and fat traveled downhill and collected into pools. These pools were soap!

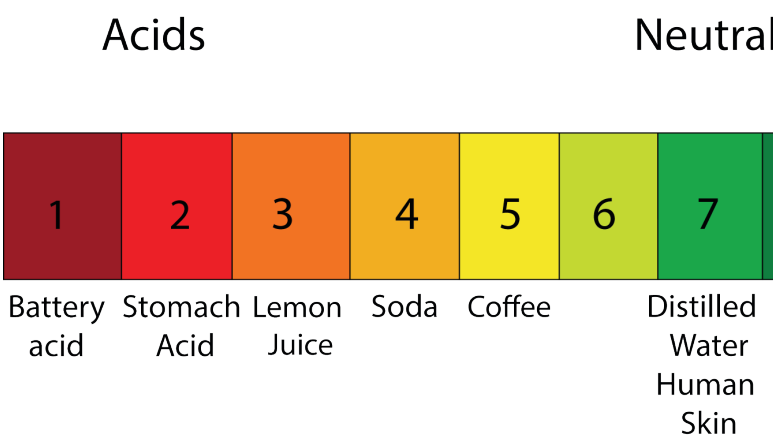
Later, bathhouses and soap fell right along with the rest of the Roman Empire and the practice of washing with soap was largely lost in Europe. This was followed by hundreds of years of filth, poor hygiene, and most notably, plagues. From the fourth to the tenth century, soap was once again manufactured in European countries, but only regularly used by the wealthy. Crafting soap was a coveted art, and soap makers were highly taxed, so the price of soap was high. Eventually, the soap-making process was mainstreamed, and in the 1800s, it became a more cost-effective commodity.

As our knowledge of the chemistry of soap has increased, the soap we use for laundry has become separate from that used for the body, and we now have special soaps used for dishes, cars, and so on. Liquid hand soaps were invented in 1970.

Now you, too, can make your own soap. You won't even need to sacrifice any animals! In fact, most of the recipes in this book, the exceptions being the honey bee and goat milk soaps, are vegan.

A BIT ABOUT pH

Why do you need to know about pH to create a perfect bar of soap? pH stands for *potential of hydrogen* or *power of the hydrogen ion* and refers to whether a substance is either acid, alkaline, or neutral, which is measured on a pH scale. This is very important in soapmaking because when it comes to soap for your skin, you certainly don't want to be peeling it off. You just want to remove grime while retaining oils. Human skin's natural pH is around 7. When making soap, we want it to be slightly alkali because that assists in cleaning skin and destroying the



bad bacteria that cause odors or acne while retaining the nourishment that skin needs.

So it is really important that the soap we craft comes to a pH between 8 and 10. Over 10 becomes clothing detergent and then pure sodium hydroxide very quickly.

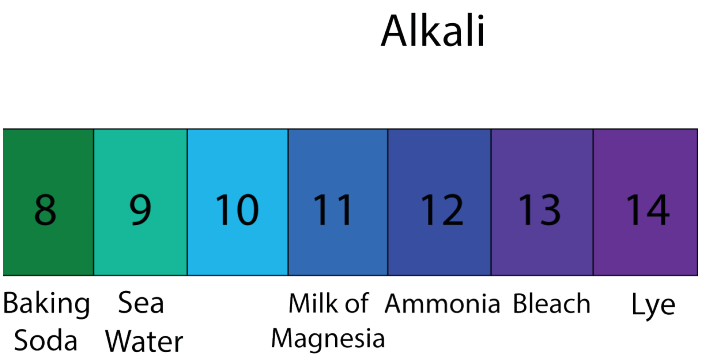
The chart on this spread gives a nice visual of the pH scale: at one end, you have acid and the other end, you have alkaline. The middle ground is what we aim for in soapmaking, as that is the baseline of healthy human skin pH.

You will always want to test your soap after it has cured (curing takes four to six weeks) to ensure the pH balance is within an acceptable range. To do this, you can purchase pH testing strips; these work by blending a little bit of distilled water into a sample of your soap and dipping the paper in. The paper will change color, or not, according to the soap's pH levels.

Another method that many soap makers use is the zap test. All you do here is lightly taste your soap with the tip of your tongue—if you feel nothing, your soap is at a good pH. However, if you feel a zap, that is the lye, meaning the pH is too high.

You can also test with purple cabbage. To use this method, simply chop up a few pieces of purple cabbage and toss into your blender. Add about a cup of distilled water and blend until you have a nice mixture. Now strain out the water and compost the cabbage. Drip a small amount of your cabbage water onto your soap; the purple cabbage drops will quickly change color. Check the color against a pH color scale. You want to see blue.

One thing to note with pH is that baby soap needs to be much closer to neutral, as babies' skin is so sensitive.



Saponification

Saponification is the fine art of converting oil or fat into soap using a strong catalyst, which, in our case, is lye and water. This turns the oils into soap salts and glycerin, resulting in a cleansing yet softening effect on the skin. Soap molecules contain *micella*, the surfactant action. These micelles have a hydrophilic head and hydrophobic tail. They form a packing layer that is lipophilic on the skin. This attracts oil containing grime and dirt and pulls it away from the skin as you wash the soap off with water.

A properly made bar of soap has transformed the water-repelling molecules of oil and oil-repelling molecules of water into these fantastic little molecules that wrap around oil and dirt on your skin and pull it away to be washed down the drain.

SAP

When calculating a recipe for soap, we use what is called the *SAP value* or *saponification value*. This relates to how much lye is needed to react with the fatty acids in your recipe to create the soap. The following recipes have been formulated for you already, but do *not* substitute one oil for another without a complete recalculation. You can find a great soaping calculator at www.soapcalc.net, so you don't need to do the math yourself.

Iodine in Soap

How hard a bar of soap will be is based on the iodine absorption value for each oil. The lower the number, the harder the bar. If you're nearing seventy, the bar becomes softer, which is an undesirable quality for the recipes in this book. Forty-one is the lower range and creates a harder bar of soap.

Oils

When creating a soap, there are certain oil values that are desired for bubbly, cleansing, hardness, lather, creamy, conditioning, etc. Each oil contains different fatty acids that create different qualities and also react with varying amounts of lye. This why you can't substitute one oil for another oil in these recipes. Instead, the entire recipe must be recalculated when you want to add or subtract an oil.

The following chart shows all the fatty acids across the top and a few common oils down the side and their related percentages of fatty acids. It should give you an idea of the varying oil properties.

As you can see, coconut and palm oil are very similar. They are high in lauric acid, which creates bubbles and a hard bar of very cleansing soap, but it can be drying. Generally, one of these oils is in almost every bar of soap.

Castor oil is an oil in its own category, as it contains such a high percentage of rinoleic acid. You won't find this quality in any other oil. Castor oil in soap creates a very stable lather but no bubbles of its own. In a bar of soap, it contributes to a softer bar and it will be more conditioning.

	Lauric	Linoleic	Linolenic	Myristic	Oleic	Palmitic	Ricinoleic	Stearic
coconut oil	48%		2%	19%	8%	9%		3%
olive oil			12%		69%	14%		
avocado oil		12%			58%	20%		2%
apricot kernel oil			27%		66%	6%		
kukui nut oil		29%	42%		20%	6%		
castor oil			4%		4%		90%	
palm kernel oil	49%		3%	16%	15%	8%		2%
cocoa butter		3%			35%	28%		33%
almond oil		18%			71%	7%		

Super Fatting

When formulating a recipe, we rely on *super fatting*. This is the percentage of excess-free fats leftover after the lye has reacted with your oils. This is used in a recipe as a buffer so you know that there will not be excess lye in your soap. It's also used to create a more moisturizing soap. Most recipes use 5% super fat, but sometimes this percentage will vary for different purposes, such as in the Soleseife Brine Soap on page 31, the Mermaid Kisses Salty Sea Soap on page 29, and the Beard Wash Soap on page 52. The super-fat percentage varies for these recipes due to utilizing large percentages of highly drying yet super sudsing oils to counter the effect of the bubble-reducing qualities of salt, or as with the beard bar, the super fat is reduced so as to not leave any oil residue in the hair. In this book, there are a few recipes that have different super fat percentages, but it is always noted and explained.

Precautions and Soap Safety

Make no mistake: soapmaking is dangerous.

You will be using Lye (sodium hydroxide). When lye touches liquid (including the moisture on your skin), a chemical reaction instantly takes place and the lye heats up to 200°F. Lye is highly caustic, and the fumes are toxic, which is why it is so important to be mindful when making soap and to use safety gear.

Remember these rules:

- Always add lye to water and not the other way around.
- Always freeze alcohol before use or you can create a volcanic eruption when adding lye.
- If for any reason you get lye on your skin, wash it for 15 minutes with water and seek medical help.
- Always store lye out of reach of children.
- Don't use reactive utensils or bowls. Make sure what you are using is plastic, stainless steel, silicone, or wood. Lye will react with anything it can, even old pottery if it has the fine cracks in the enamel that come with age.
- Always wear protective goggles that seal around your eyes to deter splashes.
- Wear gloves, long sleeves, and closed-toe shoes to protect your skin.
- Do not substitute oils in a recipe! That being said, if you really want to substitute another oil, it is possible, but you *must* run it through a soap calculator, as the lye percentage will be different for every single oil and you don't want to scour skin.
- Be sure to keep distractions to a minimum. Don't work while kids or animals are running around, and keep your space clean, orderly, and covered. You can use newspaper to cover counters, and wipe down counters with vinegar when finished because vinegar will neutralize any lye.
- Be mindful and always work sober—soap isn't something to mess around with. You are using serious chemicals to create a reaction that will be safe and effective, but the process to get there requires mindful awareness or dangerous things can happen.

Trace

When making soap, learning what trace looks like will be of the utmost importance, but don't worry, it's pretty simple. *Trace* refers to the stage in which the oils and lye water have begun to homogenize; you will recognize this by observing the oils and lye water going from translucent to blending, turning opaque and no longer being separated. You can test for trace by lifting a spoonful of the soap mixture from the bowl and drizzling it back in; if the drizzle takes a second or two to sink back into the mixture, you've achieved light trace.

In the picture below on the far right, the spoon has been lifted and the soap drizzled across the top of the soap batch. As you can see, it is taking a moment for that drizzle to sink back in.

Here's a handy checklist for making soap safely:

SAFETY CHECK

Suit up (long sleeves and pants)

Animal distractions gone

Friends or distractions at a minimum

Everyone, in the house knows not to bother or enter the kitchen

Tools in hand and available

You (mindfully aware and present)

Children distractions gone

Hands covered (gloves)

Eyes covered (goggles)

Creativity on

Klean and covered area

Throughout this book and in every recipe,
you'll see SAFETY CHECK!

If you keep blending, the trace will get thicker and thicker, eventually pudding-like. Different recipes will call for differing trace stages, depending on the desired outcome.

Scents in Soaps

Natural fragrance is a fleeting thing. Using essential oil to scent your soap can have very effective and beautiful results, but they will continuously evaporate from your soap—that's just the nature of botanical fragrance. I have a background in perfuming so the scent formulas in this book are created with fixative or "stay" in mind. This means I create scents that are as long-lasting as possible. To do this, I use base notes in almost all my recipes.

Lavender, for example—I add frankincense or benzoin because they go well with lavender and accentuate its floral aspect while creating a fixative effect in your scent formula.

Essential oils also add the benefit of natural preservative in your soap formulations (almost every essential oil contains them). Every essential oil also has therapeutic properties. I won't go into that here, but there are many resources available online if you'd like to learn more about them.

A note on essential oils: Some essential oils will accelerate the hardening of your soap. Clove, for example, will almost always accelerate the hardening rate so you have to be ready to pour quickly.

Heat

When making soap, the temperatures of the lye water and the oils should be within 10 degrees of each other. If you can have your water and oil within 10 degrees of each other, the chemical process of saponification will be smoother. I like to work with my oils and lye water at about 100°F to 110°F, so that is what is recommended on most recipes. If your lye water and oils are too hot, they have a tendency to setup rapidly and go right into the gel stage, which isn't always a desired state.

Gelled Soap Versus Non-Gelled Soap

Gelling soap refers to how hot you want your soap to get after pouring it into molds. The gelling process can brighten colors and lend a more translucent look to your soap. With milk, fruit, veggie, alcohol-based, sugar, and honey soaps you will want to skip this stage since these soaps are prone to burning, cracking, or billowing over as the sugars react with heat in creating more heat.

How to gel your soap:

Some people use a heating pad or place their soap in an oven on low heat for 20 minutes then wrap it to keep it insulated. However, I recommend simply wrapping your soap in a towel or blanket, which I have found creates plenty of warmth for the soap to fully gel (you need it to reach about 180°F). Directly after you pour your soap into a mold, set the mold on a towel or blanket in a safe and undisturbed area and wrap the towel completely around the soap and mold. Let set for 12 to 24 hours. Unwrap when you are ready to cut your soap block.

None of the recipes in this book are gelled beyond what naturally occurs, as sometimes gelling is unavoidable unless you pop your soap in the freezer after pouring. I just place my soaps in a safe, undisturbed area, uncovered, to setup at room temperature.

Soda Ash

Soda ash is a strong alkali white substance that can sometimes accumulate on top and along the sides of your soap bars depending on

the oils used, the temperature of your process, and a variety of other unknown causes. You can simply run your finished bar under water and wipe off the soda ash. You can also use a little 99% isopropyl rubbing alcohol or 190-proof distilled spirits and spritz it over the top of your soap with a spray bottle. This will greatly diminish the probability of soda ash occurring, although sometimes no matter what you do, it just happens.

Tools

These are the basic tools you will need to get started soaping safely:

- 1 to 2 thermometers
- Safety goggles that seal around the edges (trust me on this, you don't want soap flying in your eye)
- Rubber or disposable gloves
- Long sleeves
- Closed-toe shoes
- Electronic kitchen scale
- Pot for melting and mixing in
- A hand mixer, although you can just use a non-reactive (page 32) spoon, too
- Spatula
- Spoons
- Mixing bowls (non-reactive, page 14)
- Newspaper to cover your counter space
- 1 3.5 x 7-inch soap mold
- Freezer paper for lining square and rectangle molds
- Parchment paper for lining tubular molds. (This will not work on square molds because it quite simply will not stay in place. Freezer paper will also not work for tubular molds because it gets stuck to the edges of the tube and cannot be pulled out without ruining your block of soap, so pay attention to what you will need to line with.)
- Tape to help your lining to stay in place
- Essential oils, if you like scent
- A variety of plant oils (each recipe uses specific oils, although oftentimes the same oils are used in many of the recipes)
- Olive oil
- Castor oil
- Coconut oil
- Lye (pure sodium hydroxide)
- Distilled water
- Knife or soap cutter
- Cutting board
- Soap mold (able to hold 30 ounces)
- PVC or other similar tubing is used in a few recipes to create circular soaps. The tubes used in this book are: (1) 22-inch-long, 2-inch diameter PVC piping with a cap for one end and (1) 16-inch-long, 3-inch diameter with one cap.
- 99% isopropyl alcohol or 190-proof alcohol in a spritzer

Shopping List for 20-ounces of Basic Soap

Assuming you have a mold, blending tools, and safety tools, you'll want to pick up the following:

- 8 ounces olive oil
- 8 ounces coconut oil (refined or cold pressed)
- 4 ounces castor oil
- 1 bottle lye (sodium hydroxide)
- Distilled water
- Freezer paper
- Essential oil of your choice, if you want to add scent.

How to Make Your Own Soap!

When making soap, using distilled water is very important. Distilled water is free of unknown metals, particles, chlorine, dirt, etc. Tap water is an uncertain thing and can greatly affect the outcome and pH of your soap, as well as introduce soil.

You will need a soap mold. However, when you're just starting out, it is not necessary to purchase anything fancy. You can use a cardboard box, a washed-out milk carton, a Pringles container, a fancy alcohol box—I've even used a recycled plastic peach protector from the grocer. Get creative, but just be certain whatever you use is non-reactive. If you choose to use cardboard or wood, you'll need to line it with freezer paper before starting your soap.

Please read the following all the way through before starting. Soapmaking is not as hard as you may think; it's just like baking, only there are more dangerous chemicals used than yeast or eggs. Yes, you will be using lye; soap cannot be created without it. At the end of the process, the lye will not be active. It simply creates the soap out of oils and water.

Just like baking, making soap is a chemical process created when heat is added. In the case of soap, the heat naturally occurs when lye mixes with a water and that lye water is mixed with oil.

The following recipe is straightforward with all items being found in your local grocery and hardware store. You may want to hit up your local co-op for essential oils if you want scent. However, scent is entirely optional and doesn't count in the overall oil percentage.

Basic Soap

Makes 20 ounces

Supplies:

1 non-reactive heat-proof bowl for water
1 non-reactive bowl for weighing out lye
1 non-reactive spoon
Pre-lined square soap mold (use freezer paper and tape the edges down if need be)
1 non-reactive saucepan for weighing and melting oils in and later mixing soap in
1 stick blender
1 spray bottle containing 99% isopropyl alcohol or 190-proof alcohol
A positive, happy attitude

Ingredients:

6.6 oz distilled water
2.9 oz sodium hydroxide lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil

Method:

SAFETY CHECK!

Then, in separate containers, weigh out your water and lye in heat-proof, nonreactive bowls. Take these outside to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Meanwhile, weigh out your oils and warm over medium heat until thoroughly melted. Remove from heat, add essential oils for scent if desired (up to 14 ml (560 drops) of essential oil). I always go much lighter on the scent, using about 100 drops of essential oil, but if you like it very fragrant, go more toward using the full 14 milliliters. Check that your lye and oil temperatures are both around 100°F to 110°F, and then blend your lye/water into your oil mixture. Mix these thoroughly with a stick blender. Mix until you have reached trace, and then mix a little longer, just to be certain. Pour your soap into a pre-lined soap mold.

At this point get out your alcohol spritzer and spritz the tops of your soap to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap! This is always my absolute favorite part of the soapmaking process because although you may know what you're aiming for, you never quite know what you'll end up with until that first slice!

A note on cutting soap: You can use a knife or a fancy soap cutter. Either one will work fine! I always slice off my front end and rear end of the soap and use these as scraps myself, not as part of the actual soap I gift or sell.

A note on soaping temperatures: The hotter your lye and oils are when mixing together, the hotter your soap bar will be. If you intend to gel your soap, this is ideal. However, if you don't want your soap to go through the gel stage, you will want to blend your soap at a lower temp. It is ideal for your lye mix and oil mix to be within 10 degrees of each other. For most recipes in this book, we will soap at a lower temp between 100°F and 110°F.

Soap Recipes

Each recipe will make a 20-ounce bar of soap

Sugar Plum Fairy Soap **18**

Carrot Soap **20**

Lemon Solid Shampoo Bar **22**

Watermelon Soap* **24**

Mermaids Kisses Salty Sea Soap **28**

Soleseife Brine Soap a.k.a. Salt Water Soap **30**

Chocolate Cream Soap **31**

Wine and Roses Soap with a Hint of Chocolate **33**

Beer Soap **35**

Beer Soap "Head" **36**

Coffee Soap **37**

Goat Milk Soap **39**

Golden Coconut Milk Soap **41**

Honey Bee Soap **43**

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Lavender Herbal Infusion Soap **46**

Charcoal Soap **48**

Beard Wash Soap **50**

Bastille Soap **52**

Resin Soap Two Ways **53**

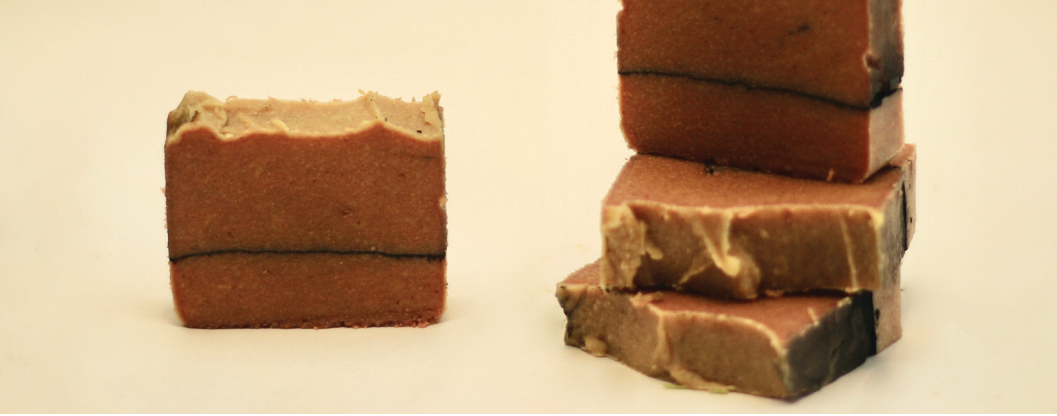
Cupcake Soap with Frosting **56**

Layered-Sandwich-Cookie-Style Soap **58**

French Macarons **60**

Gingersnap Cookie Soap **62**

**Makes 40 ounces of soap*



Sugar Plum Fairy Soap

This fun soap is created when plums are in season. I gift it and sell it mostly during winter, as sugar plums seem to be a traditional holiday treat.

This delightful soap is full of juicy plums that help keep skin healthy and nourished so it retains its natural moisture. The plums contain a plethora of delicious vitamins and minerals, and the added sugar acts as a gentle exfoliator and softens the bar.

For this recipe, we will be freezing the plums after they are pureed, as plums are high in sugar, and when sugar is mixed with lye it tends to burn. Burning will discolor your soap and scent it awfully, so we freeze the pureed plums to avoid this issue.

Ingredients:

3.8 oz plums
3.8 oz distilled water
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil
3 tbsp of sugar
essential oil if desired

Recommended Scent Blends

#1 This blend has a sharp leafy green twang, along with the sweet juiciness of the plum scent. The scent instantly evokes a picture in my head of fairies dancing under sparking silver moonlight.

- 25 drops cistus
- 30 drops ylang ylang
- 30 drops geranium rose
- 20 drops galbanum
- 60 drops tangerine from peel
- 5 drops benzoin
- 10 drops fir needle

#2 This blend is rich, sweet, warm caramelly, and juicy.

- 30 drops lavender
- 10 drops patchouli
- 10 drops ylang ylang

Method:

Line your soap mold with freezer paper. Cut your plums off the seed and remove any stems, then toss your plums into a blender and add equal amounts of distilled water (I like to go a little bit over what I will end up needing just to make sure I end up with enough plum puree) and blend until pureed. Pour into ice cube trays and freeze.

One your ice cubes have frozen, weigh 7.6 ounces of ice cubes in a heat-proof bowl and weigh your lye in a separate container. Take these to a well-ventilated outside area and add your lye to your ice cubes, mixing thoroughly. Set this aside in a safe place to cool.

Now weigh your oils and melt over medium heat. Remove from heat once melted and add your essential oils, if desired. Once both your oils and lye water reach around 100°F to 110°F, add the lye water to the oils and blend until you reach trace.

Now add your sugar and keep mixing until just before you reach pudding stage. This will help the sugar remain suspended in your soap.

Now pour into pre-lined soap mold and set aside for 12 to 24 hours in an undisturbed area at room temperature.

Cut and set aside to cure for 4 weeks.

Enjoy your sugar plum soap!

Plums are great for your skin and hair; they are full of antioxidants, help stimulate new cell turnover, increase circulation, and are a great source of vitamin C. They help balance skin tone and speed healing of skin issues. They can help add a healthy plumpness to skin and reduce wrinkles. They are wonderful for you, inside and out!

Carrot Soap

Carrots are well known for their health benefits when consumed, but did you know that carrots are incredibly good for the skin when applied externally? Carrot soap turns out a delightful cheery color! Even though this recipe contains carrots, which are high in sugar, I find it turns out lovely even if I don't freeze the carrot puree before adding it to my lye. Let's get to juicing for our skin's sake!

Ingredients:

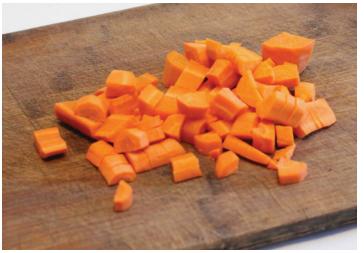
3.8 oz carrots
3.8 oz distilled water
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil

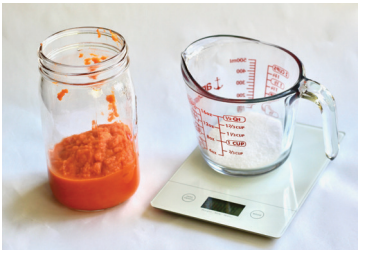
Method:

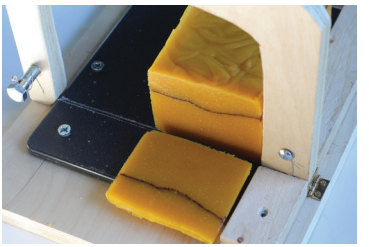
SAFETY CHECK!

Then line your soap mold with freezer paper. Scrub the carrots, then cut them into little pieces and put into the blender. While blending, add the water. Blend until mixture is puréed.

Pour this mixture into your heatproof, nonreactive mixing bowl. Weigh your lye in a separate container and then take these bowls outside in a well-ventilated, safe area and add your lye to your carrot puree, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool. The mixture may turn from a vibrant orange to murky orange, then a clear orange. Fear not—it will be lovely when you are finished. Let this blend sit.







Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, add essential oils for scent, if desired.

Check that both your lye and oil temps are around 100°F to 110°F and add your lye/carrot mix into your oil blend. Mix thoroughly with a stick blender. Mix until you have reached trace, and then some. Pour your soap into a pre-lined soap mold.

At this point, spritz the tops of your soap with your alcohol spritzer to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap! Let cure for 4 to 6 weeks.

Carrots help lift tired, dull skin, and they also aid in reversing the effects of free radicals and reducing fine lines and scars. Carrots add a luxurious glow to the skin and help balance and tone its overall appearance.

Lemon Solid Shampoo Bar

This is a highly nourishing bar of shampoo that utilizes the phenomenal power of fresh lemons!

Lemons are highly acidic, meaning you don't want use pure lemon juice in exchange for water or your soap will be too high on the pH levels. To remedy this, you use half lemon juice and half distilled water. Since lemons are a fruit and contain sugar, they will need to be frozen so the sugars won't burn when adding lye.

I dropped the super-fat discount to 3% because I found when I went higher, it created too much oil in the hair. This recipe is a perfect blend, not too stripping, not too greasy, and I used light oils so that hair is not weighed down.

Additional supplies:
18-inch-long by 2-inch-wide PVC tube with cap for one end
Parchment paper to line PVC tube.

Ingredients:
3.8 oz lemon juice
3.8 oz distilled water
2.97 oz lye
.20 oz avocado oil
.20 oz argan oil
.20 oz apricot kernel oil
8.80 oz coconut oil
.50 oz cocoa butter
.20 oz evening primrose oil
10 oz olive oil

Recommended Scent Blend: Lemon

This is a sweet, sharp, brightly delicious lemony scent.

- 25 drops lemongrass
- 80 drops lemon
- 10 drops frankincense
- 6 drops benzoin

Method:

SAFETY CHECK!

Then, take about 4 lemons and squeeze out the juice until you have 3.8 ounces worth of liquid. Add 3.8 ounces distilled water to the lemon juice, pour into ice cube trays, and freeze.

This recipe uses a 2-inch PVC tube with a cap on one end to create a round soap. You will want to use parchment for this, as freezer paper will literally melt to the walls of the PVC pipe, making it nearly impossible to remove your soap. Line your PVC pipe with parchment by simply pulling

off a piece and rolling it up and inserting into your tube. Make sure it opens up to the same size as the tube on the inside so you have a good even lining.

Once your lemon juice is frozen, remove it from the freezer and pop into a heatproof mixing bowl, weigh your lye, and add this to your lemon ice cubes, mixing until thoroughly blended. Set this mix aside in a safe spot where no one will touch it. While this blend is cooling, weigh your oils and set over low heat until just melted. Remove your oil mixture from heat, add essential oils scent blend if using any, then add your lye/lemon juice mixture. Mix with a hand blender until you achieve trace.

Pour soap blend into the tube and set in a safe spot, propped up so the soap will not spill while it solidifies. Let sit about 12 hours. After this time, pull on your parchment paper to release soap from PVC tube, unwrap, cut, and set your bars in a safe spot for about 4 weeks while they cure.

Enjoy!

Watermelon Soap

This is a delightful soap to make, using real juicy watermelon which has incredible benefits for the skin! This soap is a two- (almost three-) fold process, so you will be making two separate batches on two different days. The first day you will craft one full batch of soap which will be split into two separate yet equal amounts, one will be used to make watermelon "seeds" the other will be the "rind". Let's get started! (This recipe will make a 40-oz round block of soap.)

Additional supplies:
3- x 16-inch round tube with 1 cap (I got mine from the hardware store in the pipe section.)
1 piece flexible cardstock (60 lbs/162 gsm)

Ingredients:
Day 1
7.6 oz watermelon
2 tbsp olive oil
1 tsp titanium dioxide
6.6 oz distilled water
2.91 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil
2 tsp charcoal (for watermelon "seeds")
2 tsp chlorella (for watermelon "rind")
1 teaspoon (or more as desired for color depth) titanium dioxide
1 teaspoon (or more as desired for color depth) red iron oxide

Day 2
frozen 7.6 oz watermelon from previous day
2.91 oz lye
2 tbsp olive oil
8 oz olive oil
8 oz coconut oil
4 oz castor oil
a little extra olive oil to mix colorants
1 teaspoon (or more as desired for color depth) titanium dioxide
1 teaspoon (or more as desired for color depth) red iron oxide

Recommended essential oils for fragrance:
90 drops of wood, 5 drops of frankincense, and 3 drops benzoin

Recommended Scent Blend
This scent is very straightforward and is a wonderful watermelon doppelgänger.

- 150 drops ho wood
- 10 drops frankincense
- 6 drops benzoin

Method:

SAFETY CHECK!
Since watermelon has lots of sugar, it will be necessary to freeze the liquid before blending it with your lye or the sugar will burn, affecting the overall color and scent of the soap.

Cut the watermelon off the rind and into little chunks; you will only need about 6.6 ounces so you can enjoy eating the rest!

Place the watermelon into your blender and blend until it reaches a liquid puree consistency. Pour this liquid into ice cube trays and freeze.

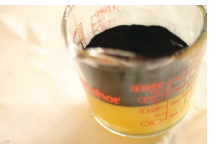
Cover two cookie sheets with parchment paper. Take 2 tablespoons of olive oil and mix with 1 teaspoon of titanium dioxide. Set aside.

Weigh 7.6 oz of distilled water in a heatproof bowl, and in a separate container, weigh your lye. Take these to a well-ventilated outside area and add your lye to your distilled water, mixing thoroughly. Set this aside in a safe place to cool.

Now weigh your oils and melt over medium heat. Remove from heat when melted. Once your oils and lye water both reach around 100°F to 110°F, add the lye water to the oils and blend until trace is just reached. Now split your blend into two bowls.

In one bowl, add 2 teaspoons of charcoal. Mix until thoroughly incorporated and just before pudding state is achieved. Pour this blend onto a lined cookie sheet and move your soap around until you have about a ¼-inch-thick layer. These will be your watermelon "seeds." Set aside, uncovered, to harden for 12 to 24 hours.

Next, add your titanium dioxide/oil mix and 2 teaspoons chlorella to the second bowl of soap. Mix until color is incorporated and just before pudding thickness is reached. Pour this blend into your second cookie sheet, spread it out to about ¼- to ⅛-inch thick. Don't worry about perfection here.



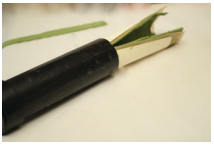
Set this aside for about 12 hours. This will be the watermelon "rind."

The next day, or at least 12 hours later if you're truly committed to finishing the

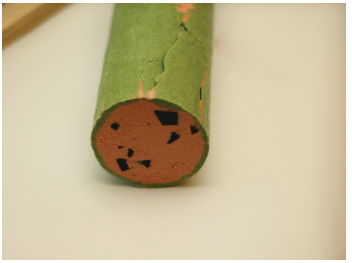
same day, weigh 7.6 ounces of watermelon ice cubes in a heatproof container. Weigh 2.91 ounces lye in a separate container. In a well-ventilated area outside, add your lye to your watermelon ice cubes and mix thoroughly. Set aside in a safe area to cool.

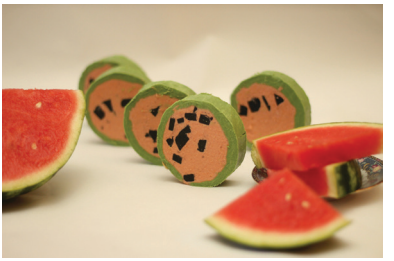
Take your now-solid sheet of black soap and pull this off your parchment. Cut into little seed-sized bits and set aside.

Measure 9 inches across the width of your green sheet of soap. Now, cut so you have straight edges on each side and top and bottom, 9 inches across and about 12 inches long. Peel this sheet of soap off the parchment paper and gently place onto a fresh piece of parchment, making sure what will be your bottom end will be flush with the edge of the parchment. Trim off edges of excess parchment along the side so it lines up evenly with the sides of your soap sheet; however, leave excess parchment along the top—this is what you will use to pull your finished soap from the tube after it has set. Now place your cardstock behind the parchment so you have a flexible yet solid backing. Gently roll up your soap sheet with the soap on the inside and the cardstock on the outside and slide this into your tube, which has been capped at one end. Set aside.



Mix 2 tablespoons of olive oil and add 1 teaspoon titanium dioxide until blended and set aside. Weigh and melt your oils over medium heat. Remove from heat once melted and add scent if desired. Add your watermelon/lye mix once oils and lye both reach 90 degrees. Mix. Add titanium dioxide mix and 1 to 2 teaspoons red iron oxide. Mix until trace is reached and mix a bit longer so this blend will sustain the "seeds" without them sinking.





Add seeds, as much or as little as you'd like. Stir these in and pour this mixture into your prepared "rind"-lined tube. Set aside for 12 hours, then cut your beautiful watermelon soap. Set out to cure in an undisturbed spot for 4 weeks. Hooray, watermelon soap!

Watermelon for the Skin

The antioxidants in watermelon help reduce the signs of aging while creating healthy collagen and balanced sebum production.

Watermelon reduces blemishes, soothes and heals sunburns, and removes dead skin cells to reveal healthy glowing skin underneath. It nourishes skin with vitamins C and A, b6 amino acids, and lycopene.

Watermelon is incredibly great for the largest organ of your body. Scrub your outsides down with this soap for a lusciously moisturizing and luxurious cleansing experience.

Mermaids Kisses Salty Sea Soap

This delightful soap recipe was created after a wonderful trip to the ocean. I also developed an accompanying essential oil blend that smells like the ocean breezes around the Carmel Valley that roll in with the morning mist, with swaying eucalyptus trees, refreshing lemongrass, and just a touch of rosemary—the kiss of a mermaid.

This fun soap contains sea salt and seaweed. Sea salt adds a lovely exfoliating element; it is purifying and full of nutrients essential for skin health such as potassium, calcium, and zinc.

The best part about this soap is you can get all these benefits and not smell like a fish!

A note about crafting salt soaps: Salt in soap creates a quickly hardening bar accelerating the natural process of saponification created by the sodium hydroxide (lye). I cut this soap as soon as it is no longer warm to the touch. Cut it within 4 hours, otherwise it will be too hard to cut and may crumble. Alternatively, if you pour it into individual soap molds, you bypass this issue entirely.

Also, soap has a reducing effect upon bubbles. To remedy this, we use higher amounts of coconut oil, which in many cases can be far too drying. To counterbalance, I use a 20% super fat.

This blend uses sea salt and any type of seaweed you like. I use kelp, dulse, and bladderwrack, which you can easily purchase from your local co-op or from herb stores online, but you can use just one type of seaweed if you like—or ten! There are so many to choose from! Each type of seaweed contains a varying amount of nutrients.

Ingredients:
7 oz distilled water
2.8 oz lye
16 oz coconut oil
4 oz olive oil
½ cup sea salt
½ teaspoon powdered seaweed of your choice

Recommended Scent Blend: Mermaids Kisses Salty Sea Soap

- 60 drops eucalyptus
- 30 drops lemon grass
- 30 drops rosemary

Method

SAFETY CHECK!!
Line your soap mold with parchment paper. Weigh your water in a heatproof nonreactive bowl and your lye in a separate container. Take these outside in a well-ventilated safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and melt over medium heat until thoroughly melted. Remove from heat and add essential oils for scent. Check that your lye and oil temps are around 100°F to 110°F and blend your lye/water into your oil blend. Mix these thoroughly with a stick blender. Mix until you have reached trace. Now add the salt and seaweed.

Keep blending until the mixture has reached a pudding-like consistency; this is important so the salt will remain suspended until the soap hardens. If the mixture is too liquidy, the salt will sink to the bottom of the bar. Pour your soap into a lined soap mold.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot to set for 4 hours, then remove your soap from the mold, peel off the freezer paper, and cut your soap. Set aside to cure for 4 to 6 weeks!

Seaweed is incredibly beneficial for the skin. It contains a variety of minerals well known for their anti-aging benefits. Seaweed draws out redness and irritations and also speeds up healing with healthy cell turnover. The iodine in seaweed helps pull out toxins in the skin. Some people say it helps the body clear out radiation poisoning and heavy metals.

Soleseife Brine Soap
a.k.a. Salt Water Soap

This soap is created with a dense solution of sea salt as an alternative to exfoliating salt soap so you get the benefits of salt without the exfoliation. The process of making this soap, however, is a little different from a regular bar of soap. The reason for this is that salt needs 74% water to dissolve a ratio of 26% salt, as salt is highly absorbent. In this recipe, we will be using 1.3 ounces of salt, which means we will need about 4 ounces of water to blend with the salt and 3 ounces of water to blend with the lye, as lye needs at least an equal amount of water to create a solution.

I used 80% coconut oil because it adds the bubbles that the salt naturally diffuses, so in order to do this without causing irritation to the skin, this recipe is super fatted to 20%. Don't worry about number confusion. Just follow the directions; the calculations have been done for you.

Ingredients:
1.3 oz sea salt
7 oz distilled water
2.78 oz lye
16 oz coconut oil
4 oz olive oil

Recommended Scent Blend:
Blue Moon

This scent blend is juicy and sweet and ethereally delicious, the scent of pure mysticism pulled from deep within the ocean.

- 30 drops myrrh
- 40 drops jasmine sambac
- 30 drops ylang ylang
- 5 drops lovage leaf
- 80 drops clementine
- 30 drops ruby red grapefruit

Method:

SAFETY CHECK!
In three separate containers, weigh out 1.3 ounces sea salt, 7 ounces distilled water, and 2.78 ounces lye. In a well-ventilated, safe area outdoors, add the lye to the water and mix until blended. Then add the salt and mix well. Set aside.

Line your mold with freezer paper and set aside. Meanwhile, weigh your oils in a pot and set over medium heat until melted. Once melted, remove from heat and add essential oils, if desired. Now gather your lye water/salt solution, pour this into your oils, and start blending. Mix until trace is reached and then keep going. This mix needs to be just a little thick to suspend any leftover salt. Once medium trace is achieved, pour into your lined mold and set aside for 12 to 24 hours. Cut, and set out to cure in a well-ventilated area for 4 to 6 weeks. Enjoy!!

Chocolate Cream Soap

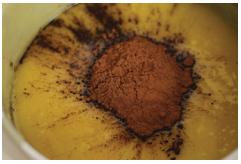
This soap is as nice to look at as it is to nourish your skin with. Cocoa is fantastic for the skin! Using cocoa butter in the recipe brings out the natural chocolate scent!

Ingredients:
7.6 oz distilled water
2.89 oz lye
8 oz olive oil
2 oz castor oil
7 oz coconut oil
3 oz cocoa butter
2 tbsp cocoa powder

Method:

SAFETY CHECK!
Weigh your water in a heatproof nonreactive bowl. Weigh lye in a separate container. Take these to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a non-reactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and cocoa butter and set over medium heat until thoroughly melted. Remove from heat, and add essential oils for scent, if you are choosing to use them. This soap naturally smells of delicious cocoa so I never add scent to it. Check that your lye and oil temperatures are around 100°F and 110°F, and then blend your lye/water into your oil blend. Mix until trace is reached. Pour 10 ounces of soap into another container, and set this aside. To the first container of soap, add your cocoa powder and mix until slightly thick.



Starting with the chocolate, pour about one-third of the mix into your pre-lined soap mold. Shake this down so it settles flat. Now carefully spoon half of the white soap over the chocolate layer. Move this gently around into a flat layer that covers the chocolate completely.

Take half of the remaining chocolate soap and spoon over the white, spread and flatten, continue with white and then with the chocolate in this manner. If you want swirly peaks on top, check out the instructions on page 73. Spritz the top of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap. Set aside to cure for 4 to 6 weeks.

Enjoy this while bathing, but remember, don't take a bite!

Cocoa!

This gift from nature is loaded with health benefits! Internally, it's great for cardiovascular health, reducing high blood pressure and high cholesterol, and thins blood as well as, if not better than, aspirin.

Cocoa is a feel-good antidepressant food; it releases serotonin and dopamine, reducing stress. It aids in cognitive health and reduces aging effects in memory function by increasing circulation in the brain. It is a powerful antioxidant and aids in cellular health, keeping cells youthful and full of vigor. It contains a plethora of minerals and enzymes and can balance metabolism, aid in weight loss, and keep the gut full of healthy microbes.

Externally, cocoa helps create volume and shine in hair, reducing dander and hair loss with its anti-inflammatory prowess. It is more effective at fighting cavities than fluoride and helps harden teeth enamel. For the skin, it can balance tone and create a healthy glow, allow you to stay out in the sun longer without getting burned, and reduce cellulite and wrinkles.

Wine and Roses Soap with a Hint of Chocolate

You've heard how great wine and chocolate are for the inside of your body, but did you know that wine and roses are fantastic on your skin, too?

This soap bar can be used morning, noon, or night, you can safely operate machinery after use, and you won't smell like alcohol. You'll actually smell very pleasant—like a rose garden—and you'll have the most delightfully, well-nourished skin.

For this soap, we simply substitute the distilled water amount with wine. However, it is absolutely necessary to freeze the wine before adding the lye to it or you will have a volcanic eruption as that is the reaction that lye has when added to liquid alcohol. Also, due to the high percentage of sugars in wine, this will keep the sugars from being scorched by the lye.

Ingredients:

7.6 oz wine
2.89 oz lye
2 oz castor oil
8 oz olive oil
7 oz coconut oil
3 oz cocoa butter
Rose buds (optional)
Red iron oxide if you want to enhance the red color
1 tablespoon cocoa powder if you want to add a line of cocoa through the center of your soap.

Recommended Scent Blend: Wine and Roses Aromatic Blend

- 10 drops benzoin
- 10 drops rose de mai
- 12 drops rose geranium
- 80 drops rosewood

Method:

SAFETY CHECK!

Line your soap mold with freezer paper. Pour your wine into ice cube trays and freeze it. Once your wine is frozen, place your wine cubes in a heatproof non-reactive bowl. Weigh your lye in a separate container and take these to a well-ventilated and safe outdoor area. Add the lye to your wine cubes and mix until blended. Set aside to cool.

Meanwhile, weigh your oils and cocoa butter and set over medium heat until thoroughly melted. Remove from heat, then add essential oils for scent if you are choosing to use them.

Check that your lye/wine and oil temps are both around 100°F to 110°F and add your lye/wine into your oil blend. Mix these thoroughly with a stick blender until you have reached trace, add your iron oxide now, if choosing to do so, and blend well. If you are interested in adding a line of chocolate through your soap, now is the time. Check out instructions on page 76. Otherwise, mix a little longer, just to be certain you have a good trace. Pour your soap into the pre-lined soap mold, and sprinkle the top with rose buds if desired.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap! Set aside to cure for 4 to 6 weeks. Enjoy!!

Wine and Roses: What They Do for Your Skin

Wine contains the phenomenal antioxidant resveratrol, which reverses the signs of aging in the body and on the skin. It also contains fermented sugars, which are excellent moisturizers. Roses help calm skin, and their cooling nature can reduce blemishes and tone skin. They are high in vitamin C and can reduce the negative effects of time on skin including wrinkles.

Beer Soap

Beer in soap? Oh, yes! This stuff is fantastic for your skin, and beer creates an awesome full lather. However, you must freeze the beer before you make the soap or you will be looking at a volcanic eruption when the lye is added. I'll walk you through it.

Additional supplies:
2-inch capped PVC pipe

Ingredients:
7.6 oz beer
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil

Recommended Scent Blend
Musky and marvelous but not like the scent of beer at all.

- 60 drops cedarwood
- 40 drops clove
- 6 drops patchouli
- 40 drops bergamot
- 20 drops clementine

Method:

SAFETY CHECK!
Pop open your beer, pour it into an ice cube tray, and set in the freezer until frozen. Remove beer cubes from the freezer and weigh 7.6 ounces in a nonreactive, heatproof container. Then weigh lye in a separate container. Take these outside in a well-ventilated, safe area and add the lye to the beer, mixing thoroughly. It may fight with you a little bit and form crystals, but just stir those tiny crystals with a nonreactive spoon to get rid of them. Set in a safe spot to cool.

Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, add essential oils for scent. Check that your lye and oil temps are both around 100°F to 110°F and blend your lye/beer into your oil blend. Mix these thoroughly with a stick blender. Mix until you have reached trace, and then mix a little longer, just to be certain. Line PVC pipe with parchment paper, leaving additional paper sticking out of the top. Pour your liquid into lined soap mold. Set aside in a safe, upright spot to harden for 12 to 24 hours.

After this time, remove the cap from the bottom and pull the parchment paper. This will release your soap, which should slide right out. Peel off the parchment paper and cut your soap. If you would like to add "head" to the top of your beer soap, the instructions follow, otherwise, set aside to cure for 4 to 6 weeks and then share with your favorite beer lover!

Benefits of Beer
Beer creates a lovely foam and contains amino acids and hops which soothe, soften, and moisturize skin. It contains wonderful amounts of B vitamins, biotin, riboflavin, and pantothenic acid that make it excellent at clearing up irritations such as acne, dermatitis, and eczema and balancing oil production.

Beer Soap "Head"

I've been brewing beer longer than I've been making soap, so I took both ideas and messed around until I attained a perfect "head" with excellent staying qualities and lovely foam!

Ingredients:
½ recipe beer soap, brought to trace
4.3 oz distilled water
1 teaspoon Irish moss powder
1 batch already made and cut Beer Soap

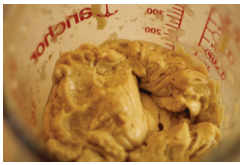
Method

Place a block of cut beer soap set on a cookie sheet lined with parchment paper, and set this aside. Now make half a batch of Beer Soap like you would normally until you reach trace. Keep blending until you reach thick pudding-like trace. Then add distilled water and Irish moss powder. Keep blending, incorporating air into your mix as much as possible.

Blend until you've reached a good saponified head stage. Slowly, your mix will start separating and the beer water will leak out.

Now take a spoonful of your mixture and dollop over the top of your cut beer soap. Slowly your mix will start separating and the beer water will leak out in puddles around the base of your soap as the head deflates a bit, so be sure you have created heaping froth on top. Your foam will be perfect after 12 hours.

Set aside in an undisturbed area for those 12 hours and then cure for 4 to 6 weeks. These will need to be moved around a bit as they cure so the bottoms end up drying well.



Coffee Soap

This is a super fun exfoliating soap to make. It smells deliciously of coffee and is a great skin tonic!

Additional supplies:
2-inch wide, 22-inches long PVC tube with cap on one end
parchment paper to line the PVC tube

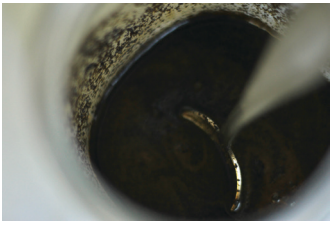
Ingredients:
2 tbsp coffee grounds
7.6 oz distilled water
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil

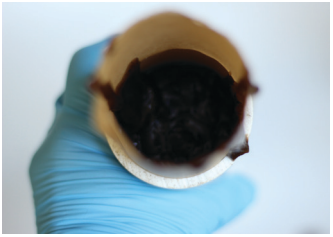
Method:

SAFETY CHECK!
Pull a piece of parchment long enough to curl and line the inside of your tube with a bit sticking out the top for easy finished soap removal.

Measure your coffee, distilled water, and lye, and take these to a well-ventilated area outside. Add coffee to the water, and then add the lye to the water and mix thoroughly. Set aside.

Weigh your oils and melt over medium heat. Remove from heat and then fetch your coffee/lye liquid. Add this to your oils (I keep my coffee soap unscented, but feel free to scent as you desire), mixing thoroughly, and then pour into pre-lined tube and set your tube in a safe, upright, and undisturbed place for 12 to 24 hours. Remove your hardened soap from the tube by removing bottom cap and pulling on parchment from the top. This will release the soap and parchment from the inside of the tube. Peel off parchment and cut up soap. Set in an undisturbed, well-ventilated area for 4 to 6 weeks to cure. Enjoy!!





Coffee
Let's talk about the wonders of coffee for the skin. Coffee is a stimulating substance that is great for cellulite issues and circulation enhancement. It is full of antioxidants and is very drawing in nature so it makes a wonderful skin and kitchen soap, capable of pulling stinky smells like raw garlic from skin!

Goat Milk Soap

Goat milk is wonderful for sensitive, dry, and baby skin. I like to visit a local goat farmer, who allows her goats to graze and play all day in green fields before escorting them into the barn to be milked. They are the kindest little goats I've ever met; each one knows how dear to the farmer's heart they are. The goat milk itself is the sweetest, creamiest treat I get all week. I like to use this fresh milk in my soap, but store bought will work great, too!

Ingredients:
7.6 oz goat milk
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil
Scent blend, if desired (page 43)

Method:

SAFETY CHECK!
Start by pouring your goat milk into ice cube trays, as goat milk is extremely high in sugar and will burn rapidly if mixed in liquid form with lye. Stick your ice cube tray in the freezer and wait until goat milk is frozen.

Once the milk has frozen, remove from freezer, and place ice cubes in a heat-resistant, nonreactive mixing bowl. Next, weigh your lye in a

separate container and take it plus your ice cubes to a well-ventilated, safe outdoor area. Add your lye to the goat milk ice cubes, mixing well. Set aside to cool.

Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, and add essential oils for scent, if you desire.

Check that your lye and oil temperatures are around 100°F to 110°F and blend your lye/goat milk into your oils. Mix these thoroughly with a stick blender until you have reached trace and then mix a little longer, just to be certain. Pour your soap into a pre-lined soap mold.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe and ideally a cool spot to reduce heat-related fissures and leave to sit for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap!

Set aside to cure for 4 to 6 weeks. Enjoy!!

Golden Coconut Milk Soap

You may have heard of golden milk, or better yet, you may drink it daily. If you are unfamiliar with golden milk, it's a wonderful warm beverage made by blending milk with warming spices that aid the digestive system along with a healthy dose of turmeric, which has countless health benefits. This recipe is a twist on golden milk that brings the skin the nourishing benefits of turmeric and blends them with circulation-enhancing spices and cleansing and nourishing coconut all wrapped up in a neat bar of soap.

Ingredients:

7.6 ounces of coconut milk
2.9 ounces of lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil
2 tsp turmeric

Recommended Scent Blend: Golden Milk

- 40 drops cardamom
- 10 drops clove
- 40 drops white champa leaf

Method:

SAFETY CHECK!!

Pour coconut milk into ice cube tray and freeze, so you don't burn the sugars in the coconut milk when you add the lye later.

Once your coconut milk has frozen, place coconut cubes into a heatproof, non-reactive mixing bowl, weigh your lye in a separate

container, and take to a well-ventilated, safe outdoor place. Add your lye to the coconut milk ice cubes and mix thoroughly. Your mixture may turn slightly yellow and gently saponify due to the fat in the coconut milk, so keep stirring or your blend will get chunky and firm. Stir for about 2 minutes. Set this aside, but come back and check every 5 minutes to see if it needs more stirring.

Weigh oils into a pan and set over medium heat until melted. Remove from heat and add your scent. Gather your lye/milk and add this to your oils once both the lye blend and oil have reached 100°F to 110°F. Mix these until they have reached trace.

Add 2 teaspoons of turmeric and blend well. Pour into soap mold and let sit in an undisturbed space for 12 to 24 hours, then peel off soap mold liner, cut, and set aside to cure for 4 to 6 weeks.

Coconut Milk
Coconut milk is rich in nutrients and minerals that help keep skin youthful and healthy. It's full of good-for-your-skin fats that help moisturize and is antibacterial, which can help reduce acne and inflammation. Coconut is cooling in nature, so with the warming spices in this recipe, a perfectly balanced warm and cooling soap is reached.

Honey Bee Soap

This soap is a divine treat for your skin. Honey has been used since time immemorial in maintaining beauty. It is one of the best skin preservatives known to humankind. Beeswax contains a ton of skin-nourishing goodness, as well. Beeswax is best used in soap in the amount of 1% to 2%, this way it adds just a touch of healthy moisturization without clogging pores or being waxy. It will also create a harder bar of soap that sets up quickly.

Additional supplies:
Bubble wrap

Ingredients:
7.6 oz distilled water
2.89 oz lye
.40 oz beeswax
3 oz castor oil
8 oz coconut oil
8.6 oz olive oil
2 tbsp honey

Method:

SAFETY CHECK!
Line your soap mold with freezer paper. Weigh your water in a heatproof nonreactive bowl and weigh lye in a separate container. Take these outside to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Recommended Scent Blend: Honey Bee

I took a variety of scent ideas that came to mind when thinking of honey bees gathering nectar from a sun-warmed garden and put together this sweet and lovely blend:

- 15 drops ylang ylang
- 40 drops lavender
- 15 drops clary sage
- 40 drops green mandarin
- 20 drops white champa leaf
- 6 drops patchouli

Meanwhile, weigh your oils and beeswax and keep over medium heat until thoroughly melted. Remove from heat, add essential oils for scent, and also add 2 tablespoons of honey.

Check that your lye and oil temperatures are around 100°F to 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace, then mix a little longer, just to be certain. Pour your soap into a pre-lined soap mold.

Now gently place your bubble wrap onto the top of your soap and push it softly into the top of your soap, starting in the center to be sure all excess air bubbles are pushed out. This will create a honeycomb effect on your soap.

Set aside in a safe spot for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap!

Set aside to cure for 4 to 6 weeks. Enjoy!!

Honey

Honey has been used in the most coveted of secret beauty recipes for thousands of years, because it softens skin, heals scars, reduces wrinkles, and never grows bacteria. Ancient honey has been found to be clean and totally edible. It is used in wound care to heal unmanageable wounds when other treatments fail. It reduces acne and is highly moisturizing.

Modeling Soap

This fun soap creates a moldable clay; you can dye it any color you like and shape it any way you choose. Heaps of fun for children and adults! After it air dries, it will harden into a usable soap.

Additional supplies:
Plastic containers, with covers, or ziptop bags for each separate color

Ingredients:
6.6 oz distilled water
2.85 oz lye
6 oz coconut oil
10 oz olive oil
1 oz castor oil
3 oz cocoa butter
Colorants of your choosing
Scent, if desired

Method:

SAFETY CHECK!
Weigh your water in a heat-proof, non-reactive bowl and weigh your lye in a separate container. Take these outside to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and cocoa butter and place over medium heat until thoroughly melted. Remove from heat, and add essential oils for scent if you so choose.

Check that your lye and oil temperatures are around 100°F to 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace. At this point, you have two options: 1) split all your soap into one container per color you choose and blend in your colors with the stick blender until you have reached hues you are happy with, or 2) do as I did in the photos and measure your colorant into ziptop bags, add the liquid soap, and mix by shaking and moving the soap around with your hands. If you use this method, don't forget to seal the bags before mixing.

I used chlorella for green, cocoa for brown, charcoal for gray, white I left alone, aklanet for a drab purple, red sandalwood for a light gray/brown/purple, and turmeric for orange. Blend until a mild trace is reached, before medium trace but not too thin, and put into separate containers that can be sealed or leave in your sealable plastic bags. Seal these containers and let sit for 24 hours. The next day, the soap should be malleable. If it's not, let it sit another day or open the container to air dry for a few hours. When you're ready to use it, just start sculpting away on a piece of parchment paper. Let cure for 4 to 6 weeks and your soap creations will be ready to use, and bring joy to your bathing experience!

Lavender Herbal Infusion Soap

This lovely soap contains a special herbal infusion of alkanet and olive oil that results in a deep purple hue (see page 72 for instructions).

Lavender is very soothing and calming to the skin and mind, and it helps relieve stress and headaches. A wonderful soap to start your day with, lavender aids in the healing of burns. It can also reduce acne, heal blemishes, and calm inflammations.

Ingredients:
7.6 oz distilled water
2.9 oz lye
2 oz alkanet-strained olive oil (page 72)
6 oz olive oil
8 oz coconut oil

Method:

SAFETY CHECK!
Weigh your water in a heatproof, non-reactive bowl and weigh lye in a separate container. Take these outside to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a non-reactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and keep over medium heat until thoroughly melted. Remove from heat, add essential oils for scent. Check that your lye and oil temperaturess are both around 100°F and 110°F and then blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace, then mix a little longer, just to be certain. Pour your soap into pre-lined soap mold.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap! Set aside to cure for 4 to 6 weeks. Enjoy!!

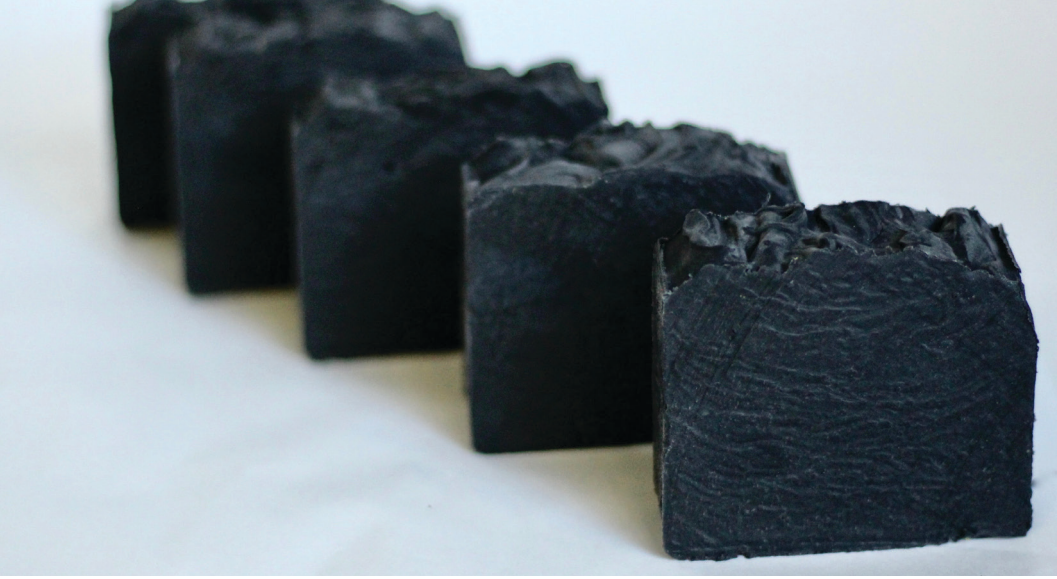
Lavender

Lavender is very soothing and calming to the skin and mind, and it helps relieve stress and headaches. A wonderful soap to start your day with, lavender aids in the healing of burns. It can also reduce acne, heal blemishes, and calm inflammations.

Recommended Scent Blend: Lavender

The following is based on a variety of some of my favorite lavenders on my shelves. The varieties of available lavender distillations is vast, but if you don't have a variety of lavenders and have just one, that will work great, too—just be sure to add the benzoin to "fix" the lavender or your scent will evaporate rapidly.

- 20 drops benzoin
- 40 drops lavender angustifolia (Hungary)
- 40 drops lavender angustifolia (Russia)
- 40 drops lavandin abrialis (France)
- 40 drops lavandin grosso (Oregon, USA)



Charcoal Soap

This is by far the most popular soap I've ever made. Thanks to the powerful healing abilities of charcoal, it's a perfect face and body soap!

Warning: Activated charcoal is not the same as the charcoal you use in your barbecue—that stuff is dangerous. Make sure you purchase food-grade activated charcoal for this recipe.

Ingredients:
7.6 oz distilled water
2.9 oz lye
8 oz coconut oil
8 oz olive oil
4 oz castor oil
2 tbsp activated charcoal

Method:

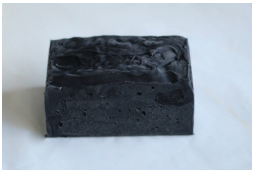
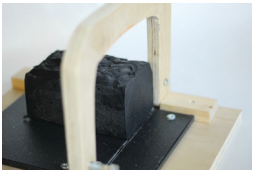
SAFETY CHECK!
Line your soap mold with freezer paper. Weigh your water in a heatproof, non-reactive bowl and weigh lye in a separate container. Take these outside to a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, and add essential oils for scent if you are choosing to use them.

Check that your lye and oil temperatures are around 100°F to 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace. Add your charcoal, stirring it in slowly before mixing or it may billow all over the place. Now, use your stick blender to mix a little longer. Pour your soap into a pre-lined soap mold.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap!

Set aside to cure for 4 to 6 weeks. Enjoy!!

Activated Charcoal

Activated charcoal works through a process called adsorption in which it binds with toxins in the body, utilizing its negative electron charge to bond (adsorb) positive electron toxins and reducing their overall toxicity. But the magic doesn't stop there—because of the process that activated charcoal goes through to become activated, it has a massively absorbent surface area so it pulls out bacteria and grime from the skin. It also works as a wonderful complexion balancer, acne reducer, and toner.

Beard Wash Soap

I created this fantastic soap after spending some time around beards and finding they were rarely washed because folks simply did not want to mess with the beauty of them. They would add product and rinse them, but there was a gap in actual beard shampooing.

This recipe has been formulated to enhance growth, shine, beard health, and nourishment, takes care of dander and irritation, and adds tenacity—meaning it slows down breakage and ads elasticity and strength to the follicle, caring for the beard from base to tip. I use a specially formulated herbal blend to add nutrients and quality. I cut down on super fatting by 2% so as to not leave greasy residue. Light oils are used to avoid weighing down the beard; I use herbal oils for their powerful beardly benefits (see beginning of recipe for instructions). An alternative would be to add straight powdered herbs, but I feel this is less desirable because it means you're putting powder in hair. But it's entirely up to you!

Additional Supplies:
Herbs, such as fo ti, nettle, bhringaraj, horse tail
(½ teaspoon, powdered of each herb)*
2-inch PVC pipe, capped

Ingredients:
10 oz olive oil
.20 oz avocado oil
.20 oz argan oil
.20 oz apricot kernel oil
8.60 oz coconut oil
.60 oz cocoa butter
.20 oz evening primrose oil
7.60 oz distilled water
2.97 oz lye

Recommended Scent Blend: Shakka Shakka

The following is a fun and great-smelling scent blend based on the original recipes for men's cologne.

- 20 drops vetiver
- 4 drops patchouli
- 20 drops rosewood
- 20 drops lemon
- 20 drops lime
- 20 drops lavender
- 20 drops bergamot
- 10 drops rosemary

**For this recipe, either substitute the olive oil for herbal olive oil or add them as powders*.

Method:

SAFETY CHECK!

If you you're not using powdered herbs, then you can blend all the fresh herbs into the olive oil, creating an herbal oil, and then strain. Set aside oil to use and compost your herbs. Weigh distilled water in a heatproof bowl and weigh lye in a separate container. In an outside, safe, and well-ventilated area, add your lye to the water and mix well with a non-caustic spoon. Set this blend aside in a safe and undisturbed place to cool.

Meanwhile, weigh your oils in a non-reactive cooking pot—this includes substituting the olive oil for your herbal olive oil if you made it. If you're planning to use powdered herbs, wait to add. Set over medium heat to melt oils. Once your oils are melted, remove from heat, and add scent now, if desired. Bring in your lye and add to oil mixture once both have reached 100°F to 110°F. Mix and add any herbs. Blend to trace. Add color, if desired, and mix until blended, and then pour into your lined mold. Set aside in a safe place for 12 to 24 hours.

Remove from mold, cut, and set aside in a well-ventilated area to cure for 4 to 6 weeks. Share with your bearded friends!

Bastille Soap

Bastille soap refers to soap made with at least 70% olive oil. Castile, on the other hand, refers to 100% olive oil soap. My soap is made with 80% olive oil and 20% coconut oil so it creates a small amount of bubbles but is gentle enough for babies' skin. This bar of soap will be softer than most but is still a purely delightful bar of soap. I like to use a lavender, slippery elm, calendula, and chamomile herbal infusion blend for the olive oil used in this recipe (page 74). Using just olive oil is fine, as well.

Ingredients:
2.76 oz lye
7.60 oz distilled water
16 oz olive oil or blended oil
4 oz coconut oil

Method:

SAFETY CHECK!
Line your soap mold with freezer paper. Weigh your water in a heatproof, nonreactive bowl. Then, weigh lye in a separate container. Take these outside in a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a nonreactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, add essential oils for scent, if you so choose. Check that your lye and oil temperatures are both around 100°F and 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace. Pour your soap into a pre-lined soap mold.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Set aside in a safe spot to harden for 12 to 24 hours. If your soap is not hard enough to cut after this time, just let it sit a few more days until it reaches a firm enough consistency for cutting. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap! Set aside to cure for 4 to 6 weeks. Enjoy!!

Resin Soap Two Ways

Resin is sap from a tree. It cleanses the blood, increases circulation, moves obstructions, mends cuts, scraps, burns, bruises, and bites, etc. The following are two variations on creating soap from resin. You should choose your method based on whether you want an exfoliating effect.

One wonderful aspect of using resins in soap is the beautiful scent they naturally impart in your finished product. They being said, you can absolutely add fragrance. Personally, I like to build off the natural resin scent, creating a truly intoxicating soap aroma.

Ingredients:

2.9 oz lye
6.6 oz distilled water
8 oz coconut oil
8 oz olive oil
4 oz castor oil
2 tbsp finely ground resin (I'm using 2 tablespoons of myrrh in the first recipe, and 2 tablespoons dragon's blood resin in the second method)

Method 1

This method will give you an exfoliating resin soap.

SAFETY CHECK!

Weigh your lye and water, and in a well-ventilated, safe area outdoors, add your lye to your water, mixing thoroughly. Set this aside to cool. While your lye water is cooling, weigh your oils, blend these together, and set over medium heat until thoroughly melted. Remove from heat, and add essential oils for scent if you choose to do so.

Once your oils and lye water have both reached between 100°F and 110°F degrees, add these together. Add your resin and mix until relatively thick trace is achieved. Due to resin having a bit of density, this thickness is desirable to ensure your resin doesn't sink while setting up.

Pour your soap into your pre-lined soap mold, set aside for at least 12 to 24 hours to harden, and then cut. Set aside to cure for 4 to 6 weeks in an undisturbed area. Enjoy!

Myrrh

Myrrh is wonderful for skin care—it works as an antibacterial, it's moisturizing, circulation-enhancing, and toning in nature. It cleans up acne and blemishes very well because of its blood purifying properties. I break out for a week every month without fail and this soap is my saving grace at saving face! During summer, it helps stave off itchy issues such as bug bites and poison oak. I actually prefer using it over neem, as its smell is much more pleasing in a resinous way.

Method 2

This method will give you a delightful resin soap without exfoliating properties.

SAFETY CHECK!

To start, weigh your lye, ground resin, and distilled water. Take to a safe, outside area and add your resin to the distilled water. Next add your lye, and stir well until your resin is melted. Set aside to cool. While your water/lye/resin blend is cooling, weigh your oils and keep over medium heat until thoroughly melted. Gently blend in your resin powder, stirring well. Take off heat and add essential oils for fragrance if you're going to do so. Once both your water and oil have reached between 120°F and 130°F, mix them together, blending until trace had been reached—this will happen very quickly. Next, pour your mixture into a soap mold and set aside for 12 to 24 hours. Cut and cure for 4 to 6 weeks. Enjoy!!

Cupcake Soap with Frosting

These are delightful soaps to make and use! I sprinkled the tops of mine using the soap sprinkles method found on page 72. The process is twofold, so be prepared to make this over two days.

Makes 6 cupcake-shaped soaps

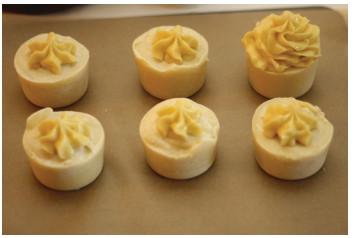
Additional Supplies:
disposable piping bag and tips
silicone cupcake mold

Ingredients:
1 Basic Soap Recipe (page 14)
1 French Macarons Soap Recipe (page 62)
color and scent, if desired (vanilla, chocolate, lemon, or almond are always great cupcake scents to go with, but get creative!)

Method:

Make your Basic Soap recipe according to the instructions on page 14 and pour evenly into 6 cupcake molds. Set aside to harden overnight. The next day, remove your cupcakes from their mold and set on a parchment-lined cookie sheet.

Make French Macarons recipe according to instructions on page 62, mixing until you have a pipe-able consistency. If you want to add color,



do so now, otherwise spoon your mixture into a piping bag topped with the tip of your choice.

Squeeze a small amount into the middle of your cupcake and swirl the rest around, starting from the outside and working in to the tiptop middle frosting. If you want to add soap sprinkles or other topping, do so now. Once you've frosted all your cupcakes, set them aside in a safe place to set and cure for 4 to 6 weeks. Feel free to admire your handiwork because these are lovely!

Layered-Sandwich-Cookie-Style Soap

This fun and versatile method will give you a sandwich-cookie effect. Just like making cookies, you will need cookie cutters to cut out your shape—any shape you desire! I went with mustaches because who doesn't need a great cleanse with a snazzy mustache?!! These make every bathing experience magical and are a fantastic party favor!

Ingredients:
Basic Soap Recipe (page 14)
Either use the following two colors (titanium dioxide; activated charcoal)
or use 1–2 colorants of your choosing, ideas on page 83
1 tsp titanium dioxide
2 tsp activated charcoal
6.6 oz distilled water
2.9 oz lye
8 oz coconut oil
8 oz + 1 tbsp olive oil
4 oz castor oil

Method

SAFETY CHECK!
Prepare your basic soap, bring to light trace, and set aside. Line your cookie sheet with parchment paper.

Weigh 8 ounces of soap mixture into another bowl and blend in 1 teaspoon of titanium dioxide (or color of your choice) that has been previously mixed with 1 tablespoon olive oil. Mix thoroughly. This will be the cream in the cookie. To the remaining soap, add 2 teaspoons charcoal (or color of your choice) and mix well until medium pudding stage is reached.

Pour half of the charcoal mixture onto your cookie sheet and spread out to about ¼-inch thick or less.

On top of this layer, spoon out the white soap and carefully spread this over the black, making sure not to press hard enough to touch or move the black layer underneath. Once you have a nice even and thick layer of white soap, gently spoon the remaining black soap over your white soap using a spatula. Carefully spread this over the white layer.

Set aside to harden for 12 to 24 hours.

Now take your "cookies" and cut with a cookie cutter of your choice. You may have a few black residue streaks on the white cream. This is fine—simply wipe it off with a paper towel and place in an undisturbed, well-ventilated area on a fresh sheet of parchment to cure for 4 to 6 weeks.

French Macarons

These are part of the culinary soap cuisine cookie platter. I came up with these while envisioning magical fluffy soap. This recipe contains a fair amount of cocoa butter and extra water. Cocoa butter in a recipe makes it softer but also creamy and stable and super conditioning. Too much and you have a greasy, messy bar of soap, but just the right amount and you can make soap fluff that can be shaped and used in myriad ways. I used 38% distilled water to ensure the soap would remain pliable throughout my creating process and not start gelling.

This recipe is fun and can be colored in any way you choose. I'll share with you a variety of natural colors I use and my technique.

Additional supplies:
Disposable piping bags or a ziptop bags
Herbal colorants (for ideas check out the charts on page 83)
Bitter almond scent, if desired*

Ingredients:
Day 1
7.60 oz distilled water
2.79 lye
3 oz castor oil
7 oz olive oil
5 oz coconut oil
5 oz cocoa butter

Day 2
3.8 oz distilled water
1.49 oz lye
1.5 oz castor oil
3.5 oz olive oil
2.5 oz coconut oil
2.5 oz cocoa butter

*Traditional macarons smell of bitter almond so I add 10 drops of bitter almond essential oil, but you can add 2 tablespoons of extract instead.

Method:

SAFETY CHECK!
Weigh your water in a heat-proof, non-reactive bowl and weigh lye in a separate container. Take these outside in a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a non-reactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and cocoa butter and set over medium heat until thoroughly melted. Remove from heat, and add essential oils or extract for scent if you are choosing to do so.

Check that your lye and oil temperatures are both around 100°F to 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender until you have reached trace then keep blending until thick and fluffy. This will allow your mixture to reach the point where it starts gelling together, but if you keep mixing it, you will reach a nice whipped stage that is perfect for macaron piping.

Choose your colors and separate this mix into as many containers as colors. Add colorant to each batch and blend thoroughly. Starting with just one color at a time, scoop the mix into your piping tube and cut off about ½ inch for a nice, round piping tip.

Pipe this onto your pre-lined cookie sheet into macaron-shaped dollops.

Do this with each color. If your soap starts to set, just mix it some more until you work out the chunks. Set all this aside for 12 hours.

After 12 hours have passed, pull each "cookie" off the parchment and set aside. Cover one cookie sheet with fresh parchment and set aside. Make your Day 2 batch of soap according to the previous instructions.

Add the mix to your piping tube. Take two "cookies" and spread a thin layer of soap into the flat surface of one "cookie," and then gently press the flat surface of the second cookie onto the "filling" and set aside on lined cookie sheet. Continue this with each color of "cookies." Set aside to set overnight and then cure for 4 weeks.

Hooray! Macaron soap cookies are great for your skin *and* waistline!

Gingersnap Cookie Soap

I love a plate of delicious cookies, but I've never been too fond of how I feel after eating them all. I don't often bake cookies for this reason. But specifically for this book, I've come up with an awesome soapy substitution: cookies that are good for your complexion, waistline, and will last more than one day.

These cookies are so beautiful and smell so good that when my eldest child walked into the room where I had just made them, he told me he couldn't wait to taste one when I finished. I had to crush his dreams and tell him I was making soap.

For this recipe, we use real molasses, but you can choose to use either real spices or essential oils or no scent at all. One note about the essential oil blend I am sharing: these are spicy oils and when used in excess can actually burn the skin because they are literally hot spices. Also, be aware that we are using clove and your soap may thicken up quickly.

Ingredients:
7.6 oz distilled water
2.9 oz lye
8 oz olive oil
8 oz coconut oil
4 oz castor oil
2 tbsp molasses (I use organic blackstrap for its bonus health factors)
2 tbsp sugar

Recommended Scent Blend: Gingersnap Cookie

This is a lovely warming and circulatory-enhancing basic gingersnap cookie blend of scents.

- 100 drops ginger
- 40 drops cinnamon bark CO_2
- 20 drops clove

Method:

SAFETY CHECK!

Cover your cookie sheets with parchment paper and set aside.

Weigh your water in a heatproof non-reactive bowl and your lye in a separate container. Take these outside in a well-ventilated, safe area and add your lye to your water, mixing thoroughly with a non-reactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and keep over medium heat until thoroughly melted. Remove from heat, add your scent blend, and 2 tablespoons of molasses.

Check that your lye and oil temperatures are both around 100°F to 110°F and blend your lye/water into your oils. Mix these

thoroughly with a stick blender until you have a pudding-type thickness. Now you'll need a spoon, two lined cookie sheets, and sugar. Drop about 2 tablespoons of soap batter onto your cookie sheet in an orderly yet staggered fashion. Sprinkle sugar over the tops of your soap cookies and leave out to set overnight.

At least 12 hours later, peel your soap cookies off the parchment. Set on a new sheet of parchment on your cookie sheet. Set aside to cure for 4 weeks or so.

Molasses for the Skin

Did you know molasses is amazing for your insides and your outsides? It's rich in calcium, vitamin b6, manganese, iron, potassium, magnesium, and selenium. It's anti-inflammatory and also a natural antioxidant that helps speed up the healing of skin, reduce acne, reduce hair loss, and soften skin—just to name a few benefits. I use it as a special treat for skin in this fantastic batch of soap cookies!

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Felted Soap

What is felted soap and why should you felt soap?

Felted soap is simply creating a completely sealed pocket of wool around a bar of soap. This can add depth and dimension to your soap and has endless varieties. Wool is antibacterial and antimicrobial; it is a wonderful exfoliator and will shrink with the soap as it is used.
I'm going to show you how to create beautifully felted soap "stones" that mimic real river rocks. I hiked these out of our local river for just this purpose!

For this recipe you can use any of the soap recipes in this book.

Supplies:

Pre-cured soap (any recipe)
knife or vegetable peeler
wool roving (one color and one white)
2 nylon stockings
stones for reference
bowl for warm water

Method:

Carve your soap into a rock shape. I like to use a knife, but a vegetable peeler works great, too!

Take a ball of your color roving and pull it apart until it is thin, like in the photo. Wrap just enough roving around soap to cover it in one direction. Take the same amount of roving and wrap soap in other direction so the roving is essentially crosshatched. This should leave your soap fully covered. If you'd like to add veins, take a thin strand of white roving and wrap around your soap.

Next put soap inside one stocking and wrap it up. Stick the wrapped soap inside the other stocking and wrap in the opposing direction.

Fill your bowl with warm water and submerge your stockinged soap. Gently massage the soap all over.

Do this for about 5 minutes, then remove the soap from the water, unwrap the stocking, and you should have felted soap! If you have any areas that didn't stick together or spaces where the soap shows through, simply add a little more felt over that area, rewrap with stockings, and dip into water to massage longer.

When your soap is well felted, pat down loose fuzziness and set aside until dry, generally a few hours. Soap will need to be flipped once to ensure both sides dry.

Checkered Soap

This artistic method creates a really lovely soap, and the addition of charcoal adds some serious skin-healing abilities, although you could use anything you prefer as a colorant.

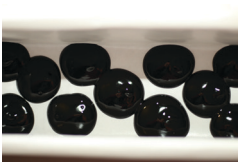
Additional Supplies:
2 large plastic bottles with a tapered screw on top (I got mine in the tie-dye section of the craft store and cut the tip just a tiny bit.)
2 (4-cup) nonreactive pitchers

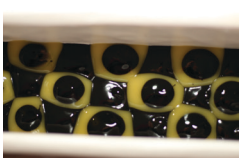
Ingredients:
7.6 oz distilled water
2.9 oz lye
8 oz coconut oil
8 oz olive oil
4 oz castor oil
1 tbsp activated charcoal

Method:

SAFETY CHECK!
Weigh your water in a heatproof, non-reactive bowl. Weigh lye in a separate container, and then take these outside to a well-ventilated and safe area. Add your lye to your water, mixing thoroughly with a non-reactive spoon. Set in a safe spot to cool.

Meanwhile, weigh your oils and place over medium heat until thoroughly melted. Remove from heat, add essential oils or scent blend if you so choose. Check that your lye and oil temperatures are both around 100°F to 110°F and blend your lye/water into your oils. Mix these thoroughly with a stick blender. Mix until you have just reached trace.





Split your soap in half, pouring one half into one container, and pour the rest of soap into another. Add charcoal to one of your Pyrex soap pitchers and blend. Fill your plastic tapered bottles, one with white soap and one with black soap.

Now start with black soap in your plastic bottle with tapered lid and place dots of soap along the bottom of your soap mold. Between these dots, place white dots with white soap. The white soap will look a bit yellow but will whiten as it cures.

Switch bottles and squeeze black soap into the center of the white soap. Switch bottles again and squeeze white soap into black soap centers. Keep this switching back and forth of soap colors until you have used up all the soap.

At this point, spritz the tops of your soap with alcohol to keep soda ash from forming. Place your soap in a safe spot to set for 12 to 24 hours. After this time, remove your soap from the mold, peel off the freezer paper, and cut your soap!

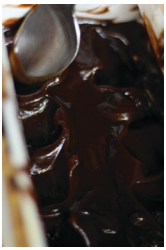
Set aside to cure for 4 to 6 weeks. Enjoy!!

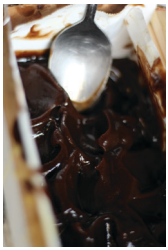
Soap Sprinkles!

This is an excellent and easy project to do with scrap soap. Simply take a cheese grater and any extra colorful soaps you have lying around and grate as fine as you like. Set out for a day or two to harden if your sprinkles feel soft. Use right away or set aside in sealed plastic containers for future use. I use these for sprinkling on top of soap, to top my soap cupcakes, or to decorate soap cookies. Get creative!

Swirly Whirl-ys on Top

Start with a freshly poured block of soap and wait until it is thick enough to hold its shape when a spoon is dipped in and pulled out. Once your soap reaches this point, push the back of a spoon along one side of the soap all the way along one edge. Repeat along the opposite edge if you want extra swirlys. Gently turn the spoon as you push and lift it out of the soap. Now go along the center top, gently pushing, lifting, and twisting the spoon all the way along the center. Once you are happy with your swoops and swirls, spray the top of your soap block with alcohol and set aside to harden until ready to cut and cure.





Herbal Infusion

While there are multiple methods to creating an herbal soap, I'm going to share with you a couple of my favorite methods of herbal infusion. The first method takes about two weeks, but is made without adding heat and you can just set it aside, shaking once daily until ready. The second method takes about an hour and must be watched and stirred regularly to keep it from burning. Adding heat here creates a different scent than the no-heat version.

Additional Supplies:
Mason jar
label

Ingredients:
1.5 oz herbs
6 oz olive oil

Make sure the herbs you are using are human-friendly. For example, lavender is calming and soothing to the skin, whereas alkanet, though good for healing irritated skin, is used mostly for color. The herbs used can be powdered or cut and sifted. Generally, I will crunch up big leaves and grind large roots so as to create more surface space for the oils to pull out the goodness in the herbs. Make sure your herbs are dried; the liquid in fresh herbs can cause rancidity.

Every recipe in this book contains olive oil, so we will be using olive oil for extracting the herbs. To start, gather your jar, herbs, and at least

as much olive oil as will be used in your recipe. You may want to use a bit more than what is called for as the herbs will soak up some of the oil. Alternatively, you can simply add the lost oil content into your accumulative oil when measuring it out for soap.

Method 1:

The first step is to measure the herbs, place them into the Mason jar, and add oil. Then cap, label, date, and shake. Keep in a cool, dry spot and shake daily for up to two weeks. After this time, strain your herbs out of your oil, compost herbs, and ta-da! You now have herbal oil. This can be added to your soap just like you would add regular oil.

Method 2:

To make this oil, you need only an hour. Simply take your herbs and oil, blend them into a heatproof container, and create a double boiler by placing this into a sauce pan with a few inches of water. Bring the water to a simmer and let simmer on low heat for about 1 hour. Remove your oil from heat, strain out herbs, and toss them into the compost. Save the oil for some marvelous future soap or use right away!

Solid Line Through the Center

Supplies:
Soap recipe of your choice
small sifter
about 2 tsp powder herb pigment

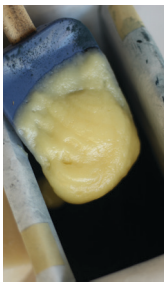
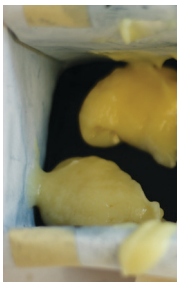
Method

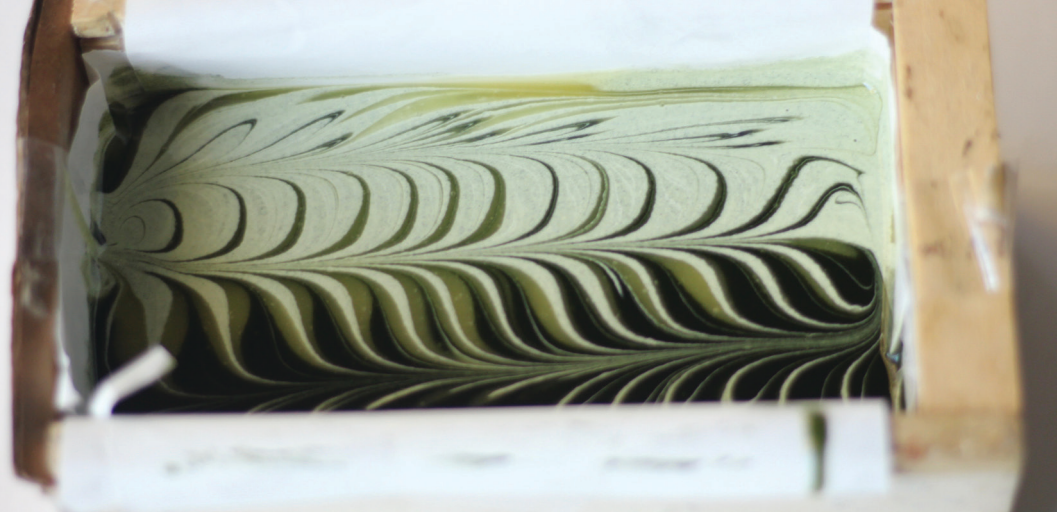
Make the soap according to recipe instructions, bringing it to medium trace. Have a powder pigment ready (charcoal, chlorella, indigo, sandalwood, turmeric, etc.). Pour half your soap into pre-lined mold and set your sifter in place over your soap mold. Very gently sprinkle a small amount of powder through the sifter positioned across the top of your soap. Be careful to use just a tiny amount here or your top layer of soap will not stick to your bottom layer. Next, gently spoon the rest of your soap over this powdered layer, carefully spreading it out so as not to disturb the soap or the powder beneath. Set soap aside to rest as usual and cut the next day. Admire your beautiful lined soap!

Create a Diagonal Line Through the Center

Supplies:
Soap recipe of your choice
sifter
2 tsp powder pigment

Set up your soap mold at an angle (I use two bars of soap, one on each side, to support my mold). Mix your soap following the recipe of your choice until medium trace is achieved. Pour half of the soap into mold, making sure your soap reaches the bottom corner, otherwise your angle and soap will be off-kilter. Gently sprinkle your powder through the sifter across the top of your soap. Next, carefully spoon the rest of your soap over the top of powder layer. Spread this gently and evenly. Now set your soap mold in an upright position to harden for 12 hours. Remove from mold and paper and cut. Enjoy!!



Taiwan Swirl Method

This method of decoration makes a really lovely top and its far easier than it looks.

Supplies

1 (20-oz) batch of basic soap
2 colorants, ideas on page 83 (I used chlorella for a dark green for one color and chlorella blended with titanium dioxide for a nice mint for my second color)
1 chopstick

Method

Make your soap, bringing just to a very thin trace. Pour about 4 ounces into each mixing bowl, add one color to each bowl, and blend thoroughly. Pour the rest of the soap into your lined soap mold.

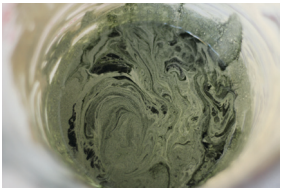
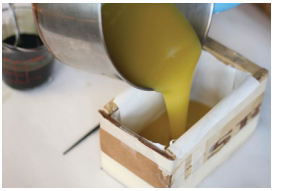
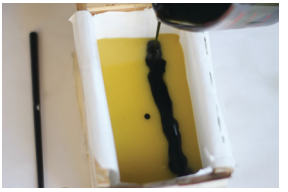
Now visualize a line halfway down your soap and pour one of the soap colors down the center of half of the block of soapas shown on page 79.

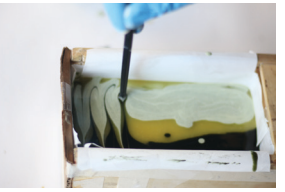
Do the same with the other color on the other half of the soap mold.

Now take your chopstick and, using it like a pencil, poke it about ¼ inches deep into the top of the soap. Starting on one side, swipe it across the top of the soap in a straight horizontal line. Bring your chopstick down ⅛ inch and swipe across the other direction, back and forth and back and forth until you reach the bottom.

Keeping your chopstick in the soap, slide it about one-third of the way in and swipe upward in the vertical direction, move over a little, and swipe the other direction. Now move your chopstick over just a bit more and swipe up again.

Admire your lovely soap for a moment and then set it aside to harden for 12 to 24 hours, cut, then set aside to cure 4 to 6 weeks.



Recommended Scent Blend for Taiwan Swirl Method

The following are two forest-based concepts invoked from the deep green effects of chlorella on soap.

Forest Green

This forest green scent blend is a bit floral with a bright shiny top note.

- 10 drops myrrh
- 20 drops scotch pine
- 20 drops cypress
- 20 drops black spruce absolute
- 5 drops rose de mai
- 20 drops white champa leaf
- 80 drops bergamot bergepatene free

Winter on Trees

This scent blend is a deeper green, woodsy scent without much floral and no bright top note.

- 20 drops spruce
- 20 drops fir
- 20 cedarwood Virginia
- 5 galbanum
- 20 drops juniper
- 10 oakwood

Hanger Swirl Method

This is a fun and easy design variety with awesome results!

Supplies
1 (20-oz) batch of basic soap
¼ teaspoon of 2 powdered colors (check out color ideas on page 83)
Essential oils for scent, if desired
1 metal hanger
1 chopstick

Recommended Scent Blend: Jasmine

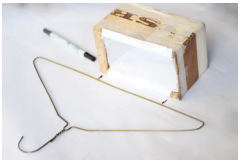
If you're using purples and blues, this is a great pairing.

- 10 drops benzoin
- 10 drops jasmine grandiflorum
- 20 drops jasmine sambac
- 10 drops "juhi" jasmine ariculatum
- 10 drops cardamom

Start by lining up the inside of your soap mold with the hanger edge, make a mark in two spots where the edge will be. Now bend your hanger up at those marks so it looks like the picture below. Set your hanger aside for the time being.

Line soap mold, make the batch of basic soap, and bring to medium trace. Pour 6 ounces into one bowl and 6 ounces into another mixing bowl. Add one color to each bowl and stir until well blended. For the recipe pictured, I used alkanet and alkanet mixed with titanium dioxide.

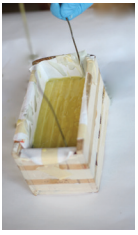
Next, pour half of your uncolored soap into your lined mold. Tap your mold onto the counter to help flatten it out. Next pour one color over the back of the large spoon into the soap mold, saving a few teaspoons in the bowl. The spoon will help the mixture spread evenly. Tap this down. Next pour the second color over the spoon back, tap down, save a few teaspoons in the bowl. Pour the remaining uncolored soap over your spoon into the mold. Tap down.



Now take your hanger, line it up with one edge of your soap mold, and slide it into the soap. Pull it across the bottom about ⅛ inch and pull up. Move over ⅛ inch and push down. Move your hanger across the bottom ⅛ inch. Continue this pattern until you have reached the other edge of your soap mold.

Now take the remaining colored soap and your spoon. Starting with one color, scoop up the soap with your spoon and randomly drop it all over the top of your soap. Do the same with the other color. Using your chopstick, make swirls across just on the top of the soap, making sure not to over-swirl and muddy the colors too much.

You're finished! Set this soap aside to harden for 12 to 24 hours, cut, set somewhere safe at room temperature to cure for 4 to 6 weeks.



Natural Colorants

Oftentimes, natural colorants will not translate well into a soap blend due to the high alkalinity of lye. Lye will strip many beautiful, vibrant, plant-based colors. For example, beets, watermelon, and tomatoes will all turn a murky pale brown to yellow. The following charts feature a few great clays and plant, herb, or natural mineral colorants next to a blob of soap with each one mixed in so you can see what they look like in action.

Turmeric
Chlorella
Titanium Dioxide
Annatto
Indigo
Charcoal
Red Sandalwood
Alkanet
Cocoa

DIY Soap Tools

It seems that sets of instructions for soap cutters are a dime a dozen, but every single one I have ever tried has been pretty awful. You can purchase a really nice one, but I thought it was high time to put out a decent DIY soap cutter and other tools.

The following instructions are for the more serious DIYer who may have access to or own a few wood-cutting tools. The directions are easy enough to follow. I tested them out on my not-so-crafty friend, but I did the cuts for him in advance.

I used a table saw to get accurate straight cuts, a jigsaw, a drill, wood glue, screwdriver, sandpaper, and wood clamps, just to give you an idea of what you will need to be comfortable using.

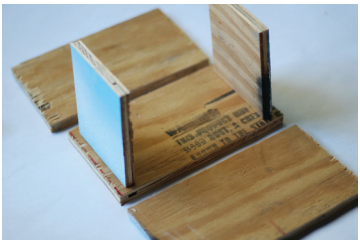
Soap Mold

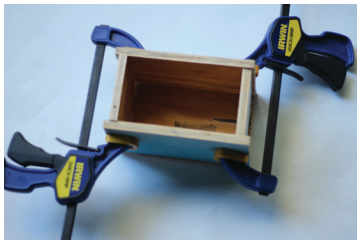
This soap mold will nicely hold 20 ounces of soap, which is the default size of the soaps created in this book.

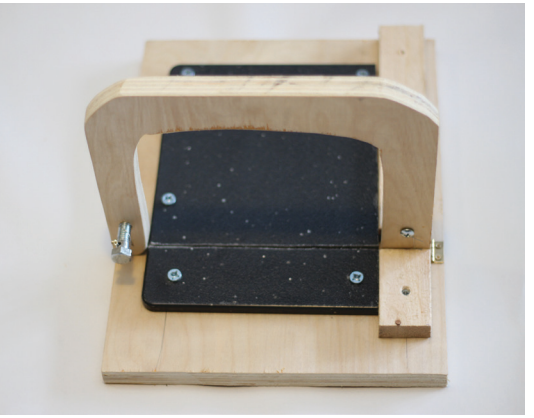
Supplies:
¼-inch-thick plywood, 8 x 14 inches
Wood glue
2 clamps
A book or something a little heavy to add a some weight to the top

Method:

Cut plywood into three 7 x 4-inch pieces, and two 4 x 3.5-inch pieces. Glue the smaller pieces onto one 7 x 4 piece as shown in the image and then the sides. Place the clamps to hold the wood pieces together (see image). Set this in a safe place to dry for a day and set weights on the top to help the bottom stick.







Soap Cutter

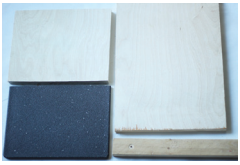
In the making of this soap cutter, I went through many different ideas. I settled on this one because I love a great DIY, but I have very little experience with carpentry. So I knew it would need to be as easy as possible, but still versatile for any size soap. I also wanted it to be frustration-free. I did use a drill, a table saw, and a jigsaw. My edges were clean and frustration was low. I feel it was successful enough to share.

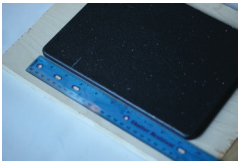
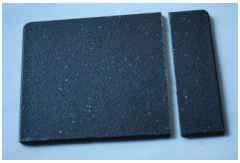
Supplies:

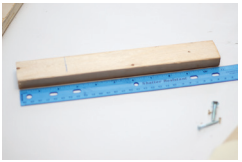
3 wood screws #6 x 1¼
7 wood screws #10 x ¾
1¾ brass hinge
1¼ bolt with a hole drilled through the head
1 (20-gauge) steel guitar string
1 piece of ¾-inch-thick birch plywood, 9.75 x 12 inches (you can use varying plywood, whatever is best for you, or that you have on hand).
1 piece of ¾-inch-thick birch plywood, 9.25 x 7.5 inches
1 plastic cutting board, 9.25 x 6.75 inches (I took a regular store-bought one and cut it to size.)
1 piece of 1-inch wide x ½-inch thick pine, 10.5 inches long

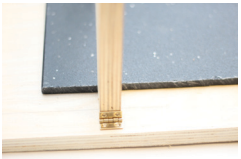
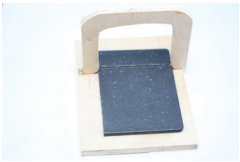
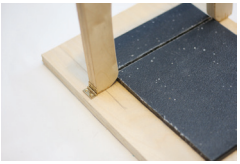
Tools:

screwdriver
wrench
pen
ruler
jigsaw
sandpaper
drill
skill saw





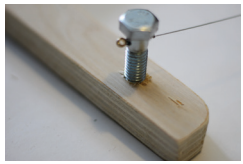
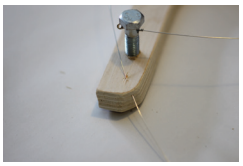
Start with your piece of ¾-inch birch plywood, 9.25 x 7.5. This will be the soap cutter handle. To make the handle, I recommend drawing up a design on a piece of 9.25 x 7.5 inches rectangular paper to trace onto the wood, but you can certainly draw directly onto the wood. Measure 1.5 inches in on each side of the bottom and 1.5 inches down from the top. Now, create a line connecting these together to form a horseshoe. I like to curve the top edges, but if you prefer right angles that's fine, too. Use a jigsaw to cut out the handle design. Sand the edges to soften.

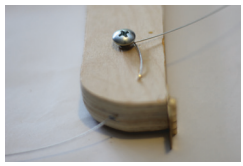
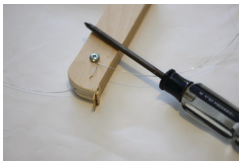
Next, take your plastic cutting board and measure longways and mark a line on opposing sides so you can get a straight cut 2 inches along 9.25-inch side, so you will end up with one 2-inch-long piece and one 7.25-inch-long piece. Cut along this line and sand off rough edges.

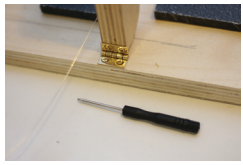
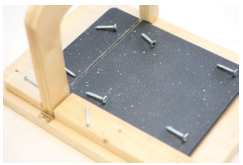
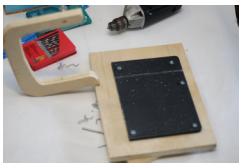
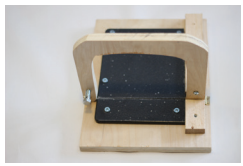
Then, take your piece of 1 x ½-inch-thick pine, 10.5 inches in length, and measure 2.5 inches along the length of the pine. Cut this so you now have two pieces, one measuring 2.5 inches and one 8 inches.

Now, use a drill to create a tiny, slanted hole from the bottom of the handle where it just starts to curve and out the side of the base, about ¼ inch from the base of the board. Do this on each side, trying to make your bottom holes in the same spot on both sides as close to the bottom edge of the handle as possible. This will be where the guitar wire will go across the bottom to cut the soap.

Lay your cutting board onto the birch plywood, right where you will want it to sit, creating a tiny space for your handle and cutter to come down. Set the handle over this. Next, set out your brass hinge right up

against the edge of the plywood; you may need to move your cutting board and handle over to achieve this. Drill holes for your brass hinge and fix it to the handle side only. Trace light lines where your cutting board will end up. Remove handle and drill holes, one for your bolt with the hole through it and one for a #10 1¼ screw. Screw these in place.

Thread your guitar string through the hole in the bolt, pulling it all the way through so the metal knob comes to a stop. Now thread your guitar string through the hole directly below this bolt and out the bottom of handle. Pull the guitar string across to the other side of handle and thread it from the bottom of the handle up to just below the screw on this side. Pull your guitar string relatively tight and wrap it around this screw. Tighten the screw until the guitar string is snug and wrapped around the screw a few more times. Then tighten the bolt on the other side with a wrench until the guitar string becomes taught, but don't break your string.

Finally, screw your handle onto the plywood where your hinge holes were drilled. Set the cutting board on a piece of 1 x ½ pine so that the smaller piece is on the smaller side of cutting board and the longer piece is on the other side; this will act as a bumper for your soap, helping to hold it in place while it is being cut. Place screws along the corners of the cutting board, using only two screws on the 2-inch width of the cutting board, using 6 #10 ¾ for the cutting board and 3 #10 1¼ for the pine boards as pictured, about every 3 inches or so. Screw everything in place. You just made a soap cutter!

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Troubleshooting

With cold-process soap, once you have made your soap and let it set for 24 hours, if there are any issues with it, there is rarely anything you can do about it. The best thing you can do is learn from it so you can know what to do differently to make your next batch better.

Some seemingly major issues are not really problems; the technique probably just needs to be improved or perfected. Sometimes things just don't go right, sometimes you forget to add something, and sometimes the instructions were not followed as closely as they're meant to be. The failed outcome can often be a blessing in disguise. In this case, a fix is not needed and you can still use the soap you made. Simply take notes—if you write down what you did wrong, maybe you won't do it again.

Some errors can be fixed, though. In fact, most are easy fixes using hot process: you just chop up your block of ugly soap and pour it in a sauce pan to remix and pour. If this is the case, make sure you constantly stir your soap, breaking up blocks until a translucent gel is attained, at which point you are ready to pour your soap back into a mold and let sit for 12 hours. Then cut and cure for 4 weeks.

The following are a few troubleshooting areas that are common to soap makers.

Glycerin Rivers

Glycerin is a natural by-product produced during soapmaking. It is a humectant and is super good for the skin. If these rivers are in your soap, it is still fully usable and the rivers will simply give your soap character. This may appear when soap heats up too quickly. They also occur when an oxide colorant is used due to the density of the oxide. There are two things you can do to prevent these from happening: 1) blend your oils and lye at a lower temperature, and 2) if using an oxide colorant, blend it into a little oil before mixing into your soap.

Lye-heavy spots

Sometimes when you cut your soap, you may notice pockets full of white residue. This is from the lye not entirely blending with the oils and can be dangerous. I recommend tossing it.

Soap didn't setup or soap separates in mold

This generally happens when false trace is reached. Sometimes, if you pour your soap at thin trace, it may not have actually reached a state of homogenization yet, though it may have looked like it did. If you catch this soon enough, you can simply pour your soap back into a mixing bowl and mix a bit more. If your soap has started to setup, you will need to hot-process it: put your soap into a nonreactive sauce pan and warm over medium heat, stirring to melt chunks. Once all your chunks have

melted and your soap has become translucent and fully blended, you have hot-process soap! Pour this into your lined mold and set aside to harden for 12 to 24 hours, Cut and use! You don't have to wait for hot process to cure; it's already there.

Sometimes your soap will separate because you have forgotten something. Go over all the recipe steps in your head and make sure you have all the ingredients in your mix. (I have personally forgotten to add the lye to my water on two separate occasions.)

DOS!

If you ever see Dreaded Orange Spots in your soap, that means the oil is turning rancid, I personally toss these but they're totally fine to use if the scent doesn't bother you. Just know that the oils in your soap have gone bad and the orange spots will continue to grow over time as more and more of the oil in the soap goes bad. There's nothing to be done to reverse the process. But to deter this from happening to future batches, make sure you are using the freshest oil possible. Date your oil from time of purchase; most oil is only good for a year, although some will only last six months' while other varieties can have a two-year shelf life. Also, make sure you are practicing clean crafting: all surfaces are clean, you're using clean, gloved hands, clean measuring, and mixing tools, etc.

Soap Seizing

I've been making soap for years and year and I'd never had a batch seize on me until I started writing this book. This recipe contained clove oil and beer (alcohol!), both of which may cause seizing in your soap. Here's what happened and how to fix it:

As soon as I started mixing the lye, water, and oils, the whole batch just solidified. I couldn't cut it up without hitting it against a hard surface, but I could by no means pour it or stir it. This problem in soap can be saved! You are simply going to make your cold-process soap into hot-process soap.

To do this, put your soap in a nonreactive sauce pan and heat it up on the stove over medium heat, stirring gently. As your soap heats, it will become translucent and melt. Once all your soap has melted (your soap will still be slightly thick, like cold molasses.) and there are no chunks left, go ahead and pour it into your lined mold and set aside to harden overnight. Cut within 12 to 24 hours and use! Hot-process soap doesn't need time to cure.

Selling Soap

Being an indie artist is a heap of work, but that first sale is so worth it! I sell online and wholesale so I will be sharing my process, safety, and outlet ideas.

First, let's talk selling online; I started with Etsy. This site is easy to figure out, super user-friendly, and the listing prices are ideal! At the time of publication of this book, listing your first item only cost twenty cents for four months. They take a percentage of sales, but we'll get into pricing in a moment. Shopify is another wonderful site for creating a store online with lots of control and great information for small and starting business owners. I have used them and love them, although they are a bit more expensive per month and the learning curve is a bit larger than the simplicity of Etsy.

Building your own website. Plenty of sites are free and most use an easy drag-and-drop method, but they will advertise on your site and their name will be in your dot-com. I own my own domain (through GoDaddy, but you can purchase your own domain through any host of your choice) and utilized the WordPress platform to build my website using a template of my choice. Though it takes time and a bit of learning, the complete control that comes along with having your own domain and using the WordPress platform is 100 percent worth it. There are wonderful step-by-step tutorials all over the web that can teach you how to do this and more than 45,000 different plug-ins (plug-ins are essentially apps for your WordPress website), including shop plug-ins for you to create your own online store. wordpress.org is the most flexible platform available, aside from coding your own entirely from scratch, which most developers won't even do.

If you're interested in selling soap, you will need to consider pricing. The first idea I want tackle is: *under no means should you under sell your product*. The recipes in this book and the ones you will come up with make the most awesome soap ever crafted with your own hands and love and time. People use various formulas to come up with a price for their goods, but this one works for me: Calculate cost of product, packaging, cost of time involved, and any other costs you may have accrued into your one bar of soap, and multiply this by 4. Now add on tax if you have any, along with transaction percentage cost and listing cost. For example, if you are selling on Etsy, you have your initial listing cost of twenty cents, add this in. You will also have a transaction cost, generally a percentage of the overall sale (know what this percentage is and add it in), and you have your retail price. Wholesale should be about half of this.

Regulations, Insurance, and Safely Selling

This is a touchy subject, but not as scary as it may appear. If you are using clean methods and following instructions, your soap should be safe to sell. List all the ingredients used in your soap on your label and don't

make any false disclaimers. You can't make medical claims of any sort unless you are a doctor. Don't say this cures, prevents, or heals anything. Don't use any medical terminology that refers to an actual disease. You *can* use words that express that your product is used to beautify, such as *cleans*, *moisturizes*, and *rejuvenates* as those don't refer to actual medical issues. For more information, check out the FDA's website online at www.fda.gov/cosmetics. Also know that if you sell from home, the FDA has complete permission to pay you a visit at any time, without warning. ModernSoapMaking.com covers a surprise home check excellently. And if you want more information, check out Marie Gale's books *Soap & Cosmetic Labeling* and *Good Manufacturing Practices for Soap and Cosmetic Handcrafters*.

Although insurance is not necessary, if you start selling a lot of products you may wish to look into cosmetic insurance to cover your products and the tools used in making your products—and your butt, in case someone claims an adverse reaction from using your products. Insurance can be pricy, but the peace of mind alone can be worth every cent. I recommend checking out the Indie Business Network before going to a regular insurance company, as the Indie Business Network not only has great prices, but is also an incredible resource.

Vending

Vending is so much work, but once you get it down, you just might like it. I vend mainly to meet my customers in person and make connections. I've made connections with wedding coordinators (ideal, since you'll generally make a massive batch of soap and have it sold continuously, since they have your info and love to recommend you if you do good work). You'll get to meet store owners and people from out of area and hear new suggestions and feedback firsthand. It's fun, fun, fun! I love interacting with people and having my own little pop-up shop every once in a while, without the responsibility of a full-time brick-and-mortar shop. A lot of events are advertised, but to vend at them you generally will have to contact the festival coordinator well in advance to reserve a selling spot. A good way to search out vending events is to simply Google events near you, or ask at your local chamber of commerce. Find out booth pricing, whether you will need insurance, and what else they will require of you to see if it will be worthwhile. Ask questions, such as, How many people do they expect to attend the event? What are the people attending interested in? Make sure the event is a good fit for you. I personally like to vend at local farmers' markets, as they are ideal places to sell handmade soap. I have vended at indoor holiday festivals, but I won't do outdoor winter festivals because I can't handle the cold. (But kudos to you if you can!)

Packaging Ideas

Now that you have your beautifully crafted soaps, here are some ideas for packing that are equally lovely.

- Neat art paper
- Ribbon
- Half wrap
- Printed labels on sticker paper
- Organza bag
- Muslin bags
- Muslin bags stamped by hand
- Pressed flowers
- Handwritten
- Printed
- Different threads and ribbons
- Kraft-paper envelopes
- Pillow boxes
- Keep it nude! Your soap is already very lovely, so why not keep it nude with no wrapping?

Options for packaging include using a variety of papers and strings and ribbons. You can also wet a paintbrush, swipe the soap with the wet brush, and stick on your paper label. The soap will act as glue and hold your label on!

(L to R, clockwise): Make your own printed label strips; Use a cute little bow for packaging; Print up your own labels on sticker paper and seal in a glassine bag; try washi tape—the varities are endless!

Supply Websites

The following are fantastic websites, but keep in mind, you get what you pay for and quality can vary greatly. I'm a serious sample lover and like to try things in small amounts first to assess quality. Some websites have a minimum purchase, too, and the shipping process can vary greatly. Just something to keep in mind when purchasing.

The following are general suggestions and nowhere near an exhaustible list, so I encourage you to do your own searching for suppliers, as well. Also, if the price of something like a precious essence is ridiculously low, chances are it will not be what it says it is or it will be cut with something else. Some examples of oils that *should* be pricy if they're of good or high quality are sandalwood, agar agar, lotus, jasmine, rose, and neroli.

Also, be sure to check out Etsy (etsy.com) as there's always a delightful variety of items on there for all your soaping needs!

Essential Oils

Floracopeia
www.floracopeia.com
13100 Grass Valley Ave. Suite D
Grass Valley, CA 95945
1-866-417-1149
support@florocopeia.com

Eden Botanicals
www.edenbotanicals.com
3820 Cypress Dr. #12
Petaluma, CA 94954 USA
1-707-509-0041

The Perfumery
www.theperfumery.com
1-502-498-8804

White Lotus Aromatics
www.whitelotusaromatics.com
941 E. Snowline Dr.
Port Angeles, WA 98362
chris@wlaromas.com

The Herbarie
www.theherbarie.com
The Herbarie at
Stoney Hill Farm, Inc.
Prosperity, SC 29127
1-803-364-9979

Starwest Botanicals
www.starwest-botanicals.com
Starwest Botanicals, Inc.
161 Main Ave.
Sacramento, CA 95838
Toll-free: 1-800-800-4372

Soapmaking Supplies

Prima Fluer
www.primafleur.com
84 Galli Dr.
Novato, CA 94949
1-415-455-0957

Mountain Rose Herbs
www.mountainroseherbs.com
PO Box 50220
Eugene, OR 97405
support@mountainroseherbs.com
1-800-879-3337

Liberty Natural Products
www.libertynaturalproducts.com
1-800-289-8427

Camden-Grey Essential Oils
www.camdengrey.com
customerservice@camdengrey.com
1-305-500-9630

Monterey Bay Spice Company
www.herbco.com
241 Walker St.
Watsonville, CA 95076
support@herbco.com
1-800-500-6148

Botanie Soap
www.botaniesoap.com
1-406-728-7627

Essential Depot
www.essentialdepot.com

Bramble Berry
www.brambleberry.com
Bramble Berry Soap Making Supplies
2138 Humboldt St.
Bellingham, WA 98225
1-360-734-8278

Bulk Apothecary
www.bulkapothecary.com
Bulk Apothecary
125 Lena Dr.
Aurora, Ohio 44202
sales@bulkapothecary.com
1-888-728-7612

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